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Warwick Saint/August Image







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Photograph: Peter Yang  
Styling: Jeanne Yang/The Wall Group  
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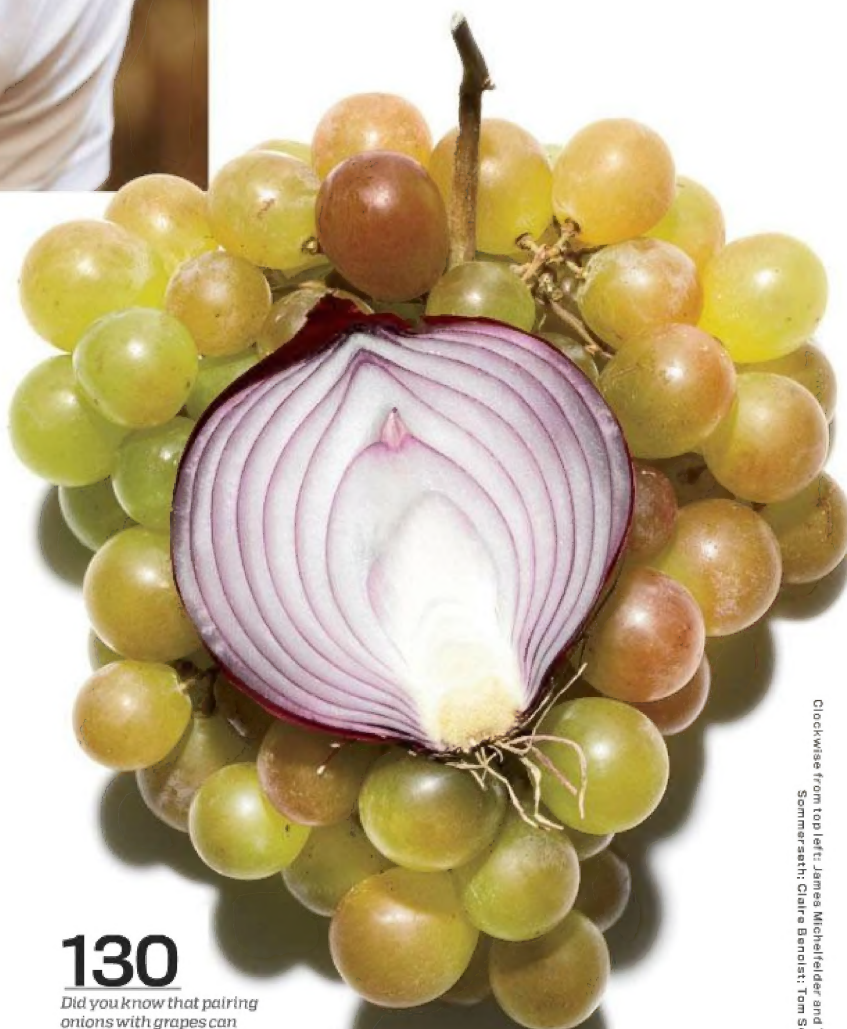
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Clockwise from top left: James Michellfelder and Therese Sommerseth; Claire Bandist; Tam Scherlitz



# MEN'S FITNESS



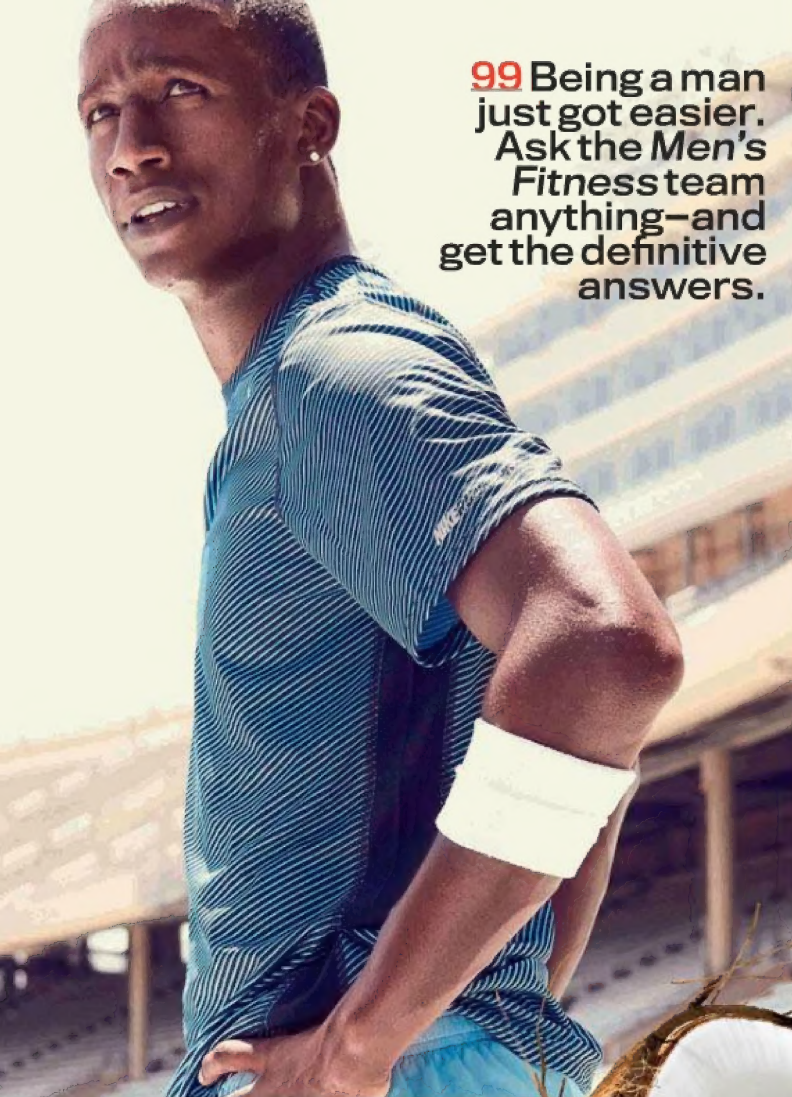
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**99** Being a man just got easier. Ask the *Men's Fitness* team anything—and get the definitive answers.

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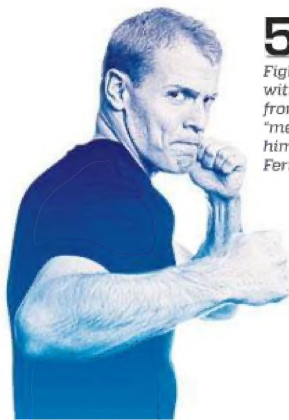
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Clockwise from top left: Matt Hawthorne; Grant Corbett; Claire Benoit; Sean McCabe





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VIEW FROM THE TOP

## The Ultimate Upgrade

**W**ANT TO SEE BEAUTIFUL, successful people dressed in the latest styles, networking and managing their social and professional agendas? Want to meet and interact with the men and women who are setting the trends and changing the face of American business? Don't go to a bar or a club. Skip the flashy new restaurant, the high-end trade show, and the ritzy golf course. If you really want to see the young, hip, and super-successful in action... Go to the gym.

If you stop by an Equinox, a Crunch, or any one of your local upscale gyms nowadays and take a long look around, you'll notice something interesting: Gyms aren't just places where you exercise. They're places where your entire lifestyle comes together. The crowd milling around the equipment, spas, and aerobic studios is the same crowd that's setting the style and business trends for the rest of the country to follow. Like never before, fitness has become the new measure of success. And as you flip through the pages of this new issue, you'll see how *Men's Fitness* is helping to lead the charge.

This month, we're unleashing on the world a stunning new look and a compelling new editorial approach. Under the leadership of contributing editorial director David Zinczenko, *Men's Fitness* is embracing more than ever before our rightful position as the standard-bearer for the young, ambitious, style-conscious man who wants the best of everything life has to offer. Thanks to Dave's team—including consulting design director Joe Heroun and consulting creative officer Stephen Perrine—*Men's Fitness* has a fresh, new attitude we think you'll find both very exciting and totally familiar. This is the magazine that looks exactly like your life, because our job is to help you live that life even better.

From the latest grooming advice to our new "Look Great Awards" to our talks with high-achieving entrepreneurs who give witness to the role fitness plays in a man's overall success, we're saying louder and prouder what you, our reader, has known all along: that being in shape is the ticket to a better life.

So turn the page. It's time to get your ticket punched.

DAVID J. PECKER  
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WANT IT? SEE PAGE 161

NICOLAI GROSELL





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## ARE YOU THE ULTIMATE ATHLETE?

The Men's Fitness Ultimate Athlete Challenge is back in 2013—and we're starting our search for competitors with the speed, strength, and skill to take down our toughest challenges including the Extreme Fit Challenge. Many will enter, but only one can be named the Ultimate Athlete and win the grand prize—will it be you? Sign up and show your stuff at [mensfitness.com/ultimateathlete](http://mensfitness.com/ultimateathlete).

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Check out our international editions, published in the U.K., Australia, Indonesia, Qatar, and Saudi Arabia.

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# THIS MONTH ON MensFitness.com

## ESSENTIAL CROSSFIT MOVES

So, you finally mastered the muscle-up. That's just the beginning: You'll need to nail four more CrossFit cornerstones before you can truly dominate the box.

► [mensfitness.com/crossfit-moves](http://mensfitness.com/crossfit-moves)

## BEST GLUTEN-FREE BEER

Wheat messing with your gut? Before you swear off the suds for good, give the latest crop of (surprisingly palatable) alterna-brews a go.

► [mensfitness.com/gluten-free-beer](http://mensfitness.com/gluten-free-beer)

## MORE POWER TO YOU

Summer's here, and that means you'll be on the road, at the beach, and staying out late. Keep your devices as amped up as you are with these innovative new chargers.

► [mensfitness.com/power-up](http://mensfitness.com/power-up)

## ARE YOU SABOTAGING YOUR WORKOUTS?

Bad form is just the beginning. From poor advice to lack of sleep, here are the nine biggest reasons you're not seeing gains in the gym.

► [mensfitness.com/bad-training-habits](http://mensfitness.com/bad-training-habits)

## LAST LONGER IN BED

When it comes to satisfying a woman, your lucky numbers are seven and nine: Find out how these dynamic digits (plus several other sexy techniques) can ignite your sex life and keep her begging for more.

► [mensfitness.com/last-longer](http://mensfitness.com/last-longer)

## 10 WORST HYGIENE FAILS

You may be zit-free, but there's something forming on your face that's kind of grossing her out. Learn what it is—plus nine more potential turnoffs.

► [mensfitness.com/grooming-fails](http://mensfitness.com/grooming-fails)



# MF GO!

Take your magazine to the next level. Download this free app on your phone or tablet and then hover the device's camera over any page with the MF Go! icon to unlock interactive features.

This month's MF Go!-enhanced stories include:

## VIN'S SHOULDER WORKOUT

■ Training director Sean Hyson offers up an exclusive eight-week workout to help you build bigger, stronger, injury-free shoulders that will rival those of the *Fast & Furious 6* star. [p.117](http://p.117)

## OUR COVER STORY

■ Go behind the scenes with Vin Diesel at his MF cover shoot. [p.66](http://p.66)

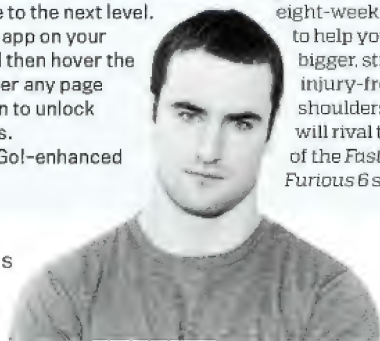
## THE ROCK HARD CHALLENGE

■ Power through the second half of our RHC program with exclusive training and diet tips. [p.142](http://p.142)



## NUTRITION GAME CHANGERS

■ Workday snacks that fight hunger, burn fat, and build muscle. [p.38](http://p.38)





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 —Bob Harper



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NEWS FROM THE  
CUTTING EDGE  
OF SCIENCE

# Breakthroughs

## SHINE ON

 We're giving you two options: Stock up on kohlrabi, or buy a new pair of shades. A study in the journal *Archives of Ophthalmology* found that people who were exposed to a type of radiation from sunlight and also consumed low levels of antioxidants from fruits and vegetables were more likely to develop age-related macular degeneration—a leading cause of vision loss in adults. “We recommend that people should always wear eye protection when they are outdoors,” says study author Astrid E. Fletcher, Ph.D.

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JAMES MICHELFELDER  
AND THERESE SOMMERSETH

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WANT IT?  
SEE PAGE 161





THE BEST  
FAT-BURNING  
METHOD  
REQUIRES  
SOME  
SERIOUS  
NUTS.

## CRACK ONE OPEN

■ We're not talking about a cold brew, but this might help you burn off a few more of those, too. Instead of jumping on the fat-slashing supplement conjugated linoleic acid (CLA) right away, take a few weeks to introduce coconut oil to your diet first. A study published in the journal *Lipids* showed that mice who were fed coconut oil for six weeks before going on a CLA regimen got leaner than those who were fed soy and then CLA.

### TEA UP

■ Penciling in a tea time may help keep your waistline in check. When Penn State scientists fed mice a high-glycemic meal along with an antioxidant extract from green tea, the resulting spike in blood sugar was only half as high as what was observed in the mice who were not given the extract. What does this mean for you? "[Green tea] should, in essence, lower the glycemic index of starchy foods," said Josh

Lambert, Ph.D., the study's head researcher. High-glycemic foods, like simple carbs, disrupt your ability to burn fat, so by lowering the glycemic index of food you eat, your body is able to burn fat for longer. Down-ing 1.5 cups of green tea will do the trick—try it with your morning bagel or a Chinese dinner.

### DREAM ON

■ People with the most diversity in their diets tend to get seven to eight hours of sleep each night, reports a study from the University of Pennsylvania. Subjects clocking fewer than five hours tended not to eat as many lycopene-rich

foods (like tomatoes), while less alcohol and fewer carbs were common among those who sleep longer than nine hours. "Evidence suggests that a healthy diet helps support healthy sleep and vice versa," said Michael Grandner, Ph.D.

### YOU ARE WHEN YOU EAT

■ A new study in the *International Journal of Obesity* warns that when you eat is just as important for weight loss as the kinds of food you eat. Over two weeks, the study followed two groups: "early eaters" (who ate

lunch before 3 p.m.) and "late eaters" (who ate lunch after 3 p.m.). There were no other differences between the groups in terms of caloric intake, energy expenditure, or sleep duration. The result? The late eaters burned calories and lost weight at a significantly slower overall rate. Our advice? Make your lunch reservations far before noon.

Should you hydrate with coconut water? Find out at [mensfitness.com/coconut](http://mensfitness.com/coconut)

Food Styling by Karen Evans/Apostrophe



# MEN'S FITNESS



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KEEP FAT OFF  
YOUR FRAME.  
CHOOSE TWO  
WHEELS OVER  
FOUR TODAY.



BIKE: BMC IMPEC

### GET OUT

■ You might be better off alone, but your body isn't. Researchers at University College London published a study in the journal *Proceedings of the National Academy of Sciences* that found socially isolated people to be more prone to earlier death. "Being alone may lead to the development of serious illness and a reduced life span," says study author Andrew Steptoe, M.A. Even on nights when you feel like flying solo, it's better to bring along a wingman.

### SORE LOSER

■ Talk about adding insult to injury: It turns out that having a cold sore or two in your past could lead to brain issues in your future. A study published in the journal *Neurology* found that people with higher levels of infections in their blood (including herpes simplex type 1, which causes cold sores) were more likely to develop memory and thinking problems than those with lower levels. Still, there's a way to salvage your memories of that weekend in Acapulco yet (even if that's what got you burned in the first place). The study suggested that exercise may have a protective effect.

### CANCER ANSWER

■ Watch out cancer, we're coming for you. University of York researchers have discovered the driving force behind prostate cancer. The findings, published in the journal *Nature Communications*, exposed a cancer-inducing DNA realignment in stem cells. "This implies that all of the cells in the cancer derived originally from a single rogue stem cell," says researcher Norman J. Maitland, Ph.D. "Our data provide the strongest evidence to date in support of a multiple-drug approach to prostate-cancer treatment."

## LIFE IN THE FAT LANE

■ Pedaling to work may be the key to putting the brakes on weight gain, according to recent research published in the *American Journal of Preventive Medicine*. After a four-year study involving 822 participants, researchers at Melbourne's Baker IDI Heart and Diabetes Institute found that drivers—even those who exercised at least 2½ hours a week—gained an average of three pounds more than non-car commuters. "Commuting is a relevant health behavior even for those who are active in leisure time," the study authors concluded.



# MEN'S FITNESS



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**MAKE YOUR OWN HAPPY MEAL: FAST-FOOD LUNCHES RAISE YOUR RISK OF DEPRESSION BY MORE THAN HALF.**



### Make Yours

It's hard to beat the convenience of an Egg McMuffin, but equally as easy to build a healthier breakfast like the one pictured. Just boil an egg, slice an avocado, toast a piece of wheat bread, and sprinkle on some Cajun spice. Done. Eggs pack muscle-building protein, avocado is loaded with healthy fats, bread's got you covered for fiber, and Cajun spice contains the fat-burning compound capsaicin.

## FAST-FOOD FEELINGS

**Life got you down?** It may be the Big Mac in your hands. According to a six-month study of nearly 9,000 people published in the journal *Public Health Nutrition*, researchers at the University of Las Palmas de Gran Canaria and the University of Granada found that individuals who regularly consumed fast food were 51% more likely to develop depression. "Even eating small quantities is linked to a significantly higher chance of developing depression," said researcher Almudena Sánchez-Villegas, Ph.D. Next time you're on the move, consider packing your own meal.

### DON'T BET ON IT

■ Sometimes it's better not to put your money where your mouth is. A recent *Psychopathology* study warns that neither betting experience nor sports knowledge correlates with successful wagering.

### INFORMATION OVERLOAD

■ The more choices you're given, the more likely you are to make a bad decision, say European researchers. If you're looking at an overcrowded list, says Thomas Hills, Ph.D., the study author, "[a distraction] may capture your attention and lead you to make a riskier decision." Cut down your options to start making better choices.

### IT'S NOT YOU, IT'S ME

■ You're not interested in your buddy's girl—at least not in that way, according to a study in *Human Nature* that suggests we're biologically programmed against cheating with a pal's better half. Testosterone levels usually rise when talking to a potential mate, says study author Mark Flinn, Ph.D. "Our research indicates a lack of this response when a man's interacting with a woman committed to a close friend."

Lifting before work? Check out these essential a.m. snacks before you hit the gym. [mensfitness.com/morning-snacks](http://mensfitness.com/morning-snacks)

Food styling by Karen Evans/Apostrophe.





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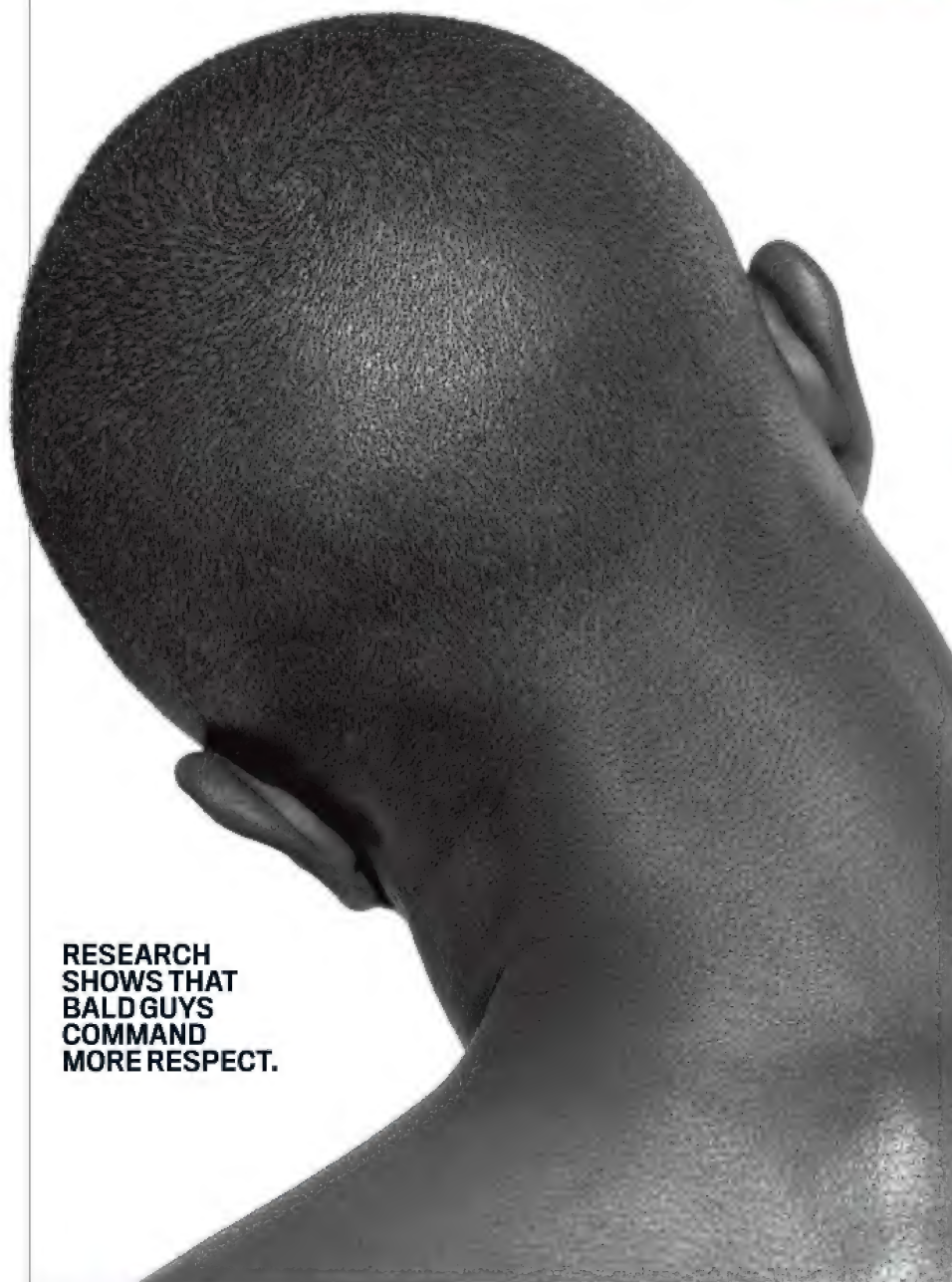
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**PROGRESSIVE**



# grooming

## Breakthroughs



RESEARCH SHOWS THAT BALD GUYS COMMAND MORE RESPECT.

## SMOOTH EQUALS ROUGH

**■** Thinning on top? Shave it off. In a recent study, participants were shown photos of men and asked to rate their characteristics. Bald guys were perceived as more masculine and more confident. "In U.S. culture, the shaved head is seen on men in traditional masculine roles: military, firefighters, pro athletes, and Hollywood action heroes," says Albert Mannes, Ph.D., the study's author. If you don't think bald guys look tough, take it up with our cover guy.

**Look Sharp.** The new HeadBlade ATX All Terrain offers improved suspension for the closest shave possible. \$16. [headblade.com](http://headblade.com)



### GUNS CONTROL

**■** If you think having the biggest arms in the room makes you more of a man than the next guy, it may be time to get your priorities in order. A study in the *Journal of Eating Disorders* found that men who are obsessed with getting buff view doing so as a key part of

being perceived as masculine. "[It's] an indication of the pressures men are under to define their masculinity in the modern world," says Stuart Murray, Ph.D.

### THE JUSTIN BIEBER EFFECT

**■** Baby, baby, baby, noooo—a new U.K. study reveals that women on birth

control prefer men with less masculine features. A study published in the journal *Psychoneuroendocrinology* asked women ages 18–24 to manipulate images of male faces to their liking, focusing on facial structure. Those on the pill for three months or longer preferred feminine-looking men with narrower

jawbones and more rounded faces.

### THAT'S ZIT

**■** Whether you suffer from out-of-control acne, bacne, or Texas-size pimples, bad bacteria may be to blame. Researchers at UCLA and LA BioMed report that there are more than 1,000 "propi-

bacteria strains—and that some are actually good. Samples swiped from 101 noses showed that acne bacteria can exist on clear skin, too. "Just [as] good strains of bacteria in yogurt are good for the gut, these strains of 'P. acnes' could be good for the skin," says UCLA molecular biologist Huiying Li, Ph.D.



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# Success

## Breakthroughs

### BLANK CHECK

■ The best thing you can do for your stress levels might be...nothing. A recent study from the Shamatha Project, an ongoing control group at UC Davis, suggests that meditation may help reduce levels of the stress hormone cortisol. Participants were examined before and after attending a three-month meditation retreat. Afterward, those who reported an increase in mindfulness also showed a decrease in cortisol. The key to successful meditation is to focus on your senses and disregard your thoughts—try it for five minutes a day.

### MUSCLE UP YOUR RESUME

■ A recent Aon Hewitt survey of 800 companies found that 83% of firms are using screenings and questionnaires to ensure workers meet health standards. While it's not legal to ask about an applicant's health in an interview, human resources officers can't help but notice if you happen to list "running" among your hobbies. What it secretly says: You aren't likely to raise the company's health-care costs.

YOU THOUGHT  
HURRICANE  
SEASON WAS  
OVER? TURNS  
OUT YOU'LL NEED  
THREE MONTHS  
OF EMERGENCY  
FUNDS.

# LET IT RAIN

■ An essential part of financial planning is having some emergency cash on hand for a rainy day. Households without savings are three times more likely to make mortgage payments late when facing an income shock, according to a FINRA Foundation study. "An emergency fund is a necessary building block for long-term financial stability," says Gerri Walsh, senior VP of FINRA's office of investor education. Stash at least three months' worth of living expenses in a savings account where you can get at it quickly—then leave it there until you need it.



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# GAME CHANGERS

Everything you need to make life work for you

Ultimate Summer Burger p38

The Smartest Cities p42

De-stress for Better Sex p44

Get Confident p46

EDITED BY DEAN STATTMANN

## Model Behavior

Scorching sex appeal is just the beginning of our obsession with South African model Genevieve Morton. Hailing from the same town as Charlize Theron (hey, Poland Spring, forget Maine; tap Benoni, South Africa!), she dives with sharks, cures her own meat, and best of all, she likes watching hockey with the guys.

Read our exclusive interview » [mensfitness.com](http://mensfitness.com)







**"WHEN I DRINK  
IT'S EITHER  
RED WINE OR  
CHAMPAGNE.  
VODKA MAKES  
ME DANCE ON  
TABLES."**





NO MATTER HOW  
STRONG YOUR  
MUSCLES ARE, A  
STRAINED TENDON  
WILL BACKHAND  
YOUR FITNESS.

CLOTHES: NIKE. WANT IT? SEE PAGE 161

## TENDON IS THE MIGHT

Strengthen the fibers that hold  
your physique together

By Keith Scott, P.T., C.S.C.S.

Think of your biceps—or any muscle, for that matter—as a tow truck. No matter how powerful the truck itself is, if the cable that it pulls with is damaged, it's only going to get weaker the more you use it. And if it snaps, then you're really screwed.

In your body, your tendons are the equivalent of that cable—they're the connective tissue that bonds muscle and bone—and one of the few things keeping you from crumbling into a motionless pile on the floor.

Tendons are designed to withstand extreme tension, but they're also susceptible to injury—and you don't want that. Because tendons don't get the blood supply that muscles do, the recovery process can take months, and a compromised tendon means your muscles will never be as powerful as they could be.

Fortunately, you don't have to leave it to chance. Read on for the best steps you can take to strengthen your tendons and stay on the road to better health.

Styling by Mindy Sand/Celestine Agency; Grooming by Lindsey Williams using Redken/Artists by Timothy Prano.



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# light\*



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**What's up, doc?** Not all tendon injuries require surgery to repair, but even the worst kinds aren't always as painful as you'd expect. See your doctor at the first suspicion of an injury.

**T**here are two main kinds of tendon injuries—a sudden trauma as the result of a rapid movement like a jump or a hard landing playing sports, or simple

overuse. An injury that results in small tears in the tendon that then degenerate over time can ultimately lead to the condition known as tendinosis. Tendinitis, on the other hand, results from overuse

## Cover Your Bases

Blue Jays slugger **Jose Bautista** goes to bat for giving tendons the attention they deserve

He was in the middle of one of the most impressive power-hitting streaks in recent baseball history, until an aggressive swing resulted in a season-ending surgery. As Jose Bautista watched the ball fly away from him, he could tell that something was up with his left wrist. "I heard a pop, but there wasn't immediate pain," he says, describing the moment last year when—unbeknownst to him at the time—he tore his extensor carpi ulnaris (ECU) tendon sheath. "It felt like something had displaced or moved into a spot where it's not supposed to be." Bautista underwent surgery shortly after and then went through the months-long rehab process that followed, ultimately making his way back to the baseball diamond. But his wrist hasn't felt the same ever since. "It might not seem like a big deal," Bautista cautions, but a tendon injury can change everything, and ignoring it can ruin your body. While injuries can be reversed to a degree, prevention will always be the smart decision.



of the tendon through repetitive motions such as running or lifting weights. Either way, look out for warning signs like pain, stiffness, or swelling. If you observe any of these, you can narrow the diagnosis: Tendinosis is often characterized by discomfort that comes and goes in approximately two-week intervals or feels increasingly worse over time. If the affected area is noticeably red or warmer than the

area surrounding it, it might be tendinitis.

If you suspect a tendon injury, rest the area, ice it on and off, and take over-the-counter anti-inflammatory medications. Do not tough it out and skip the meds—they're not just for reducing pain, they play a critical role in relieving inflammation, which limits damage to the tendon. If the problem persists, see a doctor, who may then refer you to a physical therapist who will be able

to determine if the injury is tendinosis or tendinitis. Tendinosis may require physical therapy or even surgery to correct, whereas bouncing back from tendinitis can be as simple as a cortisone shot.

Strengthening your tendons can significantly reduce your chance of injury. (See "Super Glue" on page 36 for a tendon-targeting workout.) An effective way to avoid tendon troubles from weight training is to intro-

duce a "deload" phase into your workout once every four to six weeks. Deloading—otherwise known by the technical term "taking it easy"—is a critical part of any weight-training plan. It usually lasts one to two weeks and involves reducing the weight you're using by 40–50% and performing fewer sets. A deload phase gives your muscles, joints, and connective tissue a much-needed break while allowing you to keep training.



## HARD FACTS

OUR TRAINING DIRECTOR SEAN HYSON SOLVES YOUR WORKOUT CONUNDRUMS

### "WHAT'S THE QUICKEST WAY TO GET STRONGER?"

KEN BL., BOSTON, MA

Your best bet is the "max-effort" method. It's used widely by powerlifters and football players who need to quickly build their squat, bench press, or deadlift. Max-effort training is very simple: Start your workout with a moderate weight, and gradually work up to the heaviest load you can handle for one rep with good form. This doesn't need to be an absolute max, but the

load should be at least 90% of what you think you could lift if your life depended on it.

It's crucial that you begin with a thorough warmup. You should be sweating and somewhat pumped before you even get near your heavy set, otherwise the risk for injury is greater. To work up to your top weight, increase the load from set to set by moderate increments (30–50 pounds, depending on your strength) and perform no more than five reps for the heavier sets. These sets shouldn't

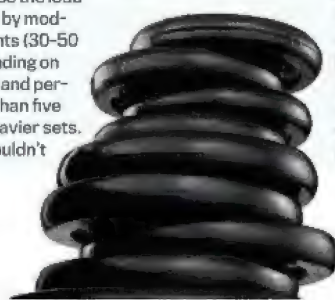
fatigue you, but rather prepare you for your main set. For instance, you might work up to a 225-pound bench press with sets as follows: unloaded bar for two sets of 10 reps, 95 pounds x 8, 135 x 5, 165 x 5, 195 x 3, 215 x 1, 225 x 1.

While it might seem like handling near-max weights would be dan-

gerous, it's actually safer than using a moderately heavy load for a higher number of reps. The more reps you do, the more risk there is of your form breaking down, and that's when most injuries occur.

Still, always try to use a spotter when doing any kind of heavy training.

Sean Hyson is a certified strength and conditioning coach, author, and the group training director of Men's Fitness. E-mail your questions to [asksean@mensfitness.com](mailto:asksean@mensfitness.com).





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# 3M



## SUPER GLUE

Most weight-training exercises will strengthen your tendons along with your muscles, but there are moves you can do to zero in on the tendons. If you don't have at least one year of experience lifting weights, tendon training could do more harm than good, so lay off if that's you. Otherwise, do the following routine once a week, allowing yourself at least one day for recovery before returning to the gym for your usual weight-training workout.



### NEGATIVE SINGLE-LEG CALF RAISE

**Sets:** 2  
**Reps:** 8-12 (each leg)  
Stand with your right foot on a block or step, your heel hanging off the edge. Get up on the ball of your foot and lower your heel until the Achilles tendon is stretched. Be sure to take eight to 10 seconds on the descent.



### NEGATIVE ONE-ARM TRICEPS EXTENSION

**Sets:** 2  
**Reps:** 8-12 (each arm)  
Stand at a cable station as if to perform a triceps pushdown. Assist your working arm with your other arm to push the cable down. Take eight to 10 seconds to bend your elbow to 90 degrees.



### NEGATIVE PUSHUP

**Sets:** 2-3  
**Reps:** 8-12  
Get into the pushup position, hands shoulder-width apart, and take eight to 10 seconds to lower your body to the floor. Use your legs to help you return to the starting position. (Don't perform the "push" part of the exercise.)



### NEGATIVE CHINUP

**Sets:** 2-3  
**Reps:** 8-12  
Jump up and grab a chinup bar so that you're in the top position with your chin over the bar. Lower your body until you're hanging from the bar with locked-out arms, taking eight to 10 seconds to complete the movement.

1

2

3

4

5

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### NEGATIVE ONE-LEG SQUAT

**Sets:** 2  
**Reps:** 8-12 (each leg)  
Hold onto a power rack or TRX suspension trainer for support. Extend one leg in front of you and lower yourself into a full squat. Take eight to 10 seconds to descend.



**IGNORING YOUR TENDONS WILL GET YOU NOWHERE BUT INJURED AND WEAKER. TRAINING THEM PREVENTS BOTH.**

Stay in the game with MF's exclusive injury-prevention guide. [mensfitness.com/injury-prevention](http://mensfitness.com/injury-prevention)

## Know Squat

This exercise can do more for your body than any other

The one-leg squat (the complete version of the negative one shown at left) is a great move for strengthening each leg individually, which leads to faster running, reduced risk of tendon injury from muscle imbalance, and a stronger back squat (the kind you see everyone doing in the gym).

The traditional back squat trains nearly every muscle in the body in an athletic, functional way. If you want to build up even more power in your hips, "box squatting" forces you to do the movement without using your momentum from lowering yourself to get back up. To do it, first set up a box behind you. Squat down onto it (your thighs should be parallel with the floor in the down position), pause for a moment without releasing the tension in your hips, and then stand back up.

If you can't squat with a bar on your back due to injury, you can still reap the benefits. Front squats, where you hold the bar in front of your shoulders, hit the quads more directly and reduce strain on your lower back.

Styling by Mindy Sand/Celestina Agency; Grooming by Lindsey Williams using Redken/Artists by Timothy Prano.





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# WHAM! BAM! THANK YOU, LAMB!

Add more sizzle to your summer with this nutritionally stacked burger

Recipe by Matthew Vohr

 Would you like a side of sex with that? Then get ready to flip your next barbecue on its head.

According to a study published in the *American Journal of Clinical Nutrition*, the amount of sodium in a typical meal can significantly reduce blood flow—and we mean all blood flow—within as few as 30 minutes of taking your last bite. With less sodium than ground beef, ground lamb keeps the wind in your sails.

Lamb also contains niacin, which helps your body convert food to energy. More important, it further boosts circulation and ramps up the production of sex hormones. Your sailboat just turned into a speedboat,

and, as any speedboat salesman will tell you, that's not all!

Niacin supports the absorption of calcium, like the calcium in Feta cheese, which the women at your speedboat barbecue soiree will love about this burger because it contains fewer calories than the Swiss and cheddar cheese you had at your last barbecue, and less fat, too. Little do they know that in 2007 a group of Belgian researchers published a study in the journal *Headache*, in which they discovered that riboflavin, a B vitamin found in feta cheese, can reduce both the frequency and duration of headaches. So much for that excuse. You're welcome.

## Let it marinate.

Marinades with a vinegar or lemon base may prevent potentially carcinogenic chemicals associated with grilling from sticking to the meat. Sugary marinades, which encourage charring, have the opposite effect and should be used only in the last minute or two of grilling.

**BOOST ENERGY,  
BLOOD FLOW,  
AND SEX DRIVE  
WITH THIS  
BURGER.**



## LAMB AND FETA BURGER WITH SAFFRON YOGURT SAUCE

SERVES 4

### INGREDIENTS

- 1 lb ground lamb
- 1 tsp sweet paprika
- $\frac{1}{4}$  tsp salt
- 4 tsp fresh mint leaves, minced
- Pinch saffron
- 6 oz plain, nonfat Greek yogurt
- 1 tsp fresh oregano, minced
- 1 medium tomato, diced
- 2 oz low-fat feta
- 1 tsp olive oil
- 8 whole-wheat mini pitas

### DIRECTIONS

- 1)** Heat a grill or grill pan over medium high. Meanwhile, in a medium bowl, combine lamb, paprika, salt, and 2 teaspoons mint. Divide into four equal portions and form into patties. Set aside.
- 2)** In a small bowl, combine saffron with 1 teaspoon hot water and let sit for 2–3 minutes. Break up the saffron threads with your fingers and mix with the water. Add the yogurt and oregano and mix to combine. Set aside.
- 3)** In another small bowl, combine the tomato, feta, olive oil, and remaining 2 teaspoons mint; set aside.
- 4)** Grill the burgers for 3 minutes per side (for medium) or until desired doneness. Add the pitas to the grill and heat for 1 minute per side to soften. Top four of the pitas with a burger, a tablespoon of the saffron yogurt sauce, and a heaping spoonful of the tomato salad. Finish off with remaining pitas and serve immediately with additional sauce on the side if desired.

### NUTRITION (PER SERVING)

Calories: 483  
Protein: 28g  
Carbs: 39g  
Fat: 25g  
Fiber: 6g

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Someone in your office is plotting against you.

We know, because every office has one of these: Sure, she seems sweet enough, all roly-poly in a middle-aged Melissa McCarthy way, always quick with a smile. But every day, she's laying a new trap. **Free doughnuts.** Home-baked cookies. **An always-handy candy jar.** Passing by her desk is like dipping your toe in caloric quicksand—in

no time, you can be sucked under.

The average office is a veritable kill zone for a guy's diet. Stress, boredom, fatigue—it's a perfect recipe for imperfect food cravings. And the ever-jovial Melissa, who just doesn't get why "health nuts" worry so much about what they eat, is there to fulfill your sweetest desires. "Your 'candy crush' is likely due to a need, or desire, for sugar, or other so-called pleasure foods," says Frank Bottone Jr., Ph.D., a nutritionist and the author of *The Diet Denominator*. The key to managing stress-fueled cravings is to have a stash of snacks that will help you burn fat and build muscle—not the other way around. Here's what to keep in your drawers—so you can continue to fit into your drawers.

Continued on page 158

## FOODS WITH BENEFITS

OUR MODEL CHEF  
CANDICE KUMAI  
TELLS YOU HOW TO  
DO IT IN THE KITCHEN



**"WHAT'S A GREAT BREAKFAST I CAN MAKE FOR A GIRL THAT WILL HELP HER TO REMEMBER THE NIGHT BEFORE EVEN MORE FONDLY?"**

DAVE K., NEW YORK, NY

Women love three things in the morning: cuddling, being served breakfast in bed, and hot morning sex. If you can accomplish just one of these golden feats, you're a winner. If you want her to brag to her girlfriends? Go for the trifecta. After a snuggle, slip out of bed and make her these perfect banana chocolate-chip pancakes. Pair the plate up with a mimosa (a bubbly glass of prosecco with a splash of OJ). To top those pancakes, give her the option of

maple syrup or butter, and serve her in bed. There's no better way to surprise your lady, and only one way to burn off those calories.

### Banana Chocolate-Chip Pancakes

(SERVES 4)

- 2 cups all-purpose flour (gluten-free flour works, too)
- 6 tbsplight brown sugar
- 2 tsp baking powder
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  tsp sea salt
- 1 large, ripe banana, mashed
- 4 large eggs
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  cup mini chocolate chips
- Nonstick cooking spray

**1)** Whisk the flour, sugar, baking powder, cinnamon, and sea salt together in a large bowl. Whisk the mashed banana, eggs, and milk together in a medium

bowl and add to the dry ingredients. Stir gently until the ingredients are just combined. Fold in mini chocolate chips. The batter will be thick.

**Sweet!** Pancakes and morning sex. Any questions?



**2)** Heat a large nonstick skillet over medium heat. Coat the pan with cooking spray. Make mini pancakes, using about  $\frac{1}{4}$  cup for each, cooking the pancakes until the outer edges firm up and the bottom is golden brown, about 1 $\frac{1}{2}$  minutes. Flip and cook the other side until golden brown, another 1 $\frac{1}{2}$  minutes.

**3)** Transfer the pancakes to a plate and set aside. Serve with Canadian maple syrup or a schmear of butter. Pair with mimosas and dig in.

Model-turned-chef Candice Kumai is the author of *Cook Yourself Sexy and Pretty Delicious*, a *Top Chef* alumna, and a regular judge on *Iron Chef America*. E-mail her your questions at [askcandice@mensfitness.com](mailto:askcandice@mensfitness.com).

Portrait: Jimmy Fontaine



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# STREET SAVVY

Seattle tops our list of the Smartest Cities for Men in 2013

Being the smartest guy in the room is great when you're trying to pass the bar exam or beat the house in blackjack. But as you get older, you discover that dendrites are like hamstrings—you've got to stretch them, or they tighten up. Then one day you're minding your business trying to calculate a mortgage payment and BAM! You've pulled something—in your brain.

So if you want to stay at the top of your game, you don't play in the Triple-A league. You look to surround yourself with the best and the brightest. To find out exactly where the majors live, we fired up our own synapses and crunched the data. After cross-referencing info—academic degrees, colleges, salaries, Lumosity scores, startups, and tech rankings—from the 50 most populous cities in the country, we identified the smartest city in America.

## Business or pleasure

This is the city that birthed Starbucks, Microsoft, and Amazon and, according to our data, also ranks in the top five in terms of cities where you'll find the smartest and highest-paid women. It's the metropolis that invented the phenomenon of desirable women posting up in coffee shops with books and laptops. For all this (oh, and Jimi Hendrix), we honor Seattle as 2013's Smartest City for Men. And Miami—don't think we don't see you down there; we're not mad, we're just disappointed.

## HONOR ROLL

- |                          |                       |
|--------------------------|-----------------------|
| 1. Seattle, WA           | 26. Sacramento, CA    |
| 2. San Francisco, CA     | 27. Philadelphia, PA  |
| 3. Washington, DC        | 28. Fort Worth, TX    |
| 4. Minneapolis, MN       | 29. Wichita, KS       |
| 5. Oakland, CA           | 30. Dallas, TX        |
| 6. Denver, CO            | 31. Louisville, KY    |
| 7. Boston, MA            | 32. Long Beach, CA    |
| 8. Portland, OR          | 33. Jacksonville, FL  |
| 9. Raleigh, NC           | 34. Los Angeles, CA   |
| 10. Austin, TX           | 35. Oklahoma City, OK |
|                          | 36. Phoenix, AZ       |
|                          | 37. Tulsa, OK         |
|                          | 38. Mesa, AZ          |
|                          | 39. Tucson, AZ        |
|                          | 40. Milwaukee, WI     |
| 11. San Diego, CA        |                       |
| 12. San Jose, CA         |                       |
| 13. Atlanta, GA          |                       |
| 14. Kansas City, MO      |                       |
| 15. Colorado Springs, CO |                       |
| 16. Omaha, NE            |                       |
| 17. Baltimore, MD        |                       |
| 18. Chicago, IL          |                       |
| 19. Nashville, TN        |                       |
| 20. New York, NY         |                       |
| 21. Virginia Beach, VA   |                       |
| 22. Columbus, OH         |                       |
| 23. Charlotte, NC        |                       |
| 24. Albuquerque, NM      |                       |
| 25. Indianapolis, IN     |                       |

## TUTOR NEEDED

- |                     |
|---------------------|
| 41. Arlington, TX   |
| 42. San Antonio, TX |
| 43. Houston, TX     |
| 44. Memphis, TN     |
| 45. Cleveland, OH   |
| 46. Las Vegas, NV   |
| 47. Fresno, CA      |
| 48. Detroit, MI     |
| 49. Miami, FL       |
| 50. El Paso, TX     |



Clockwise from top left: Instagram photos courtesy of: Merritt Olson; Theodora; Marisa; Kyrasid; ixtor; cramd8.





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ON FINISH.**



**STEP 2. GLIDE CLAY BAR  
ACROSS SURFACE UNTIL  
SMOOTH.**



**STEP 3. WIPE AWAY WITH  
MICROFIBER TOWEL.**



**STEP 4. YELL "I AM A CAR CARE  
GOD" AS LOUD AS YOU CAN.  
(STEP 4 OPTIONAL)**



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RATE.



## UNPLUG AND PLAY

Keep the noises in your head from interfering with the noises in your bed

“Everything is about sex—except sex,” Oscar Wilde nailed it, literally (the man’s inability to keep it in his pants got him thrown in jail). You may be smarter than that, but don’t get cocky: Everything we do as men, even when we don’t realize it, is part of a primal, subconscious ploy to get some.

Chasing skirts (or loincloths) has been in our DNA since before men started reasoning with the fairer sex and would instead just club them over the head. The cruel irony these days, of course, is that when you do finally convince a woman to come back to your man cave, you are so preoccupied—a looming deadline, the money you still owe for that bet you don’t even remember making—that it’s increasingly difficult to focus on the task at hand, assuming your stressed-out anatomy lets you get that far.

Relax. You’re not broken. “It’s normal to feel pressure about sex as a guy,” says dating expert and author Amber Madison. “You have a lot on your plate. You have a lot of responsibilities.” Working hard, however, shouldn’t prevent you from playing hard. Luckily, freeing yourself from bedroom A.D.D. is easy.

### DISCONNECT

Maybe you love your job, maybe you loathe it, but unless you’re in the same line of work as Dirk Diggler, it has no business in your sex life. Going dark for a few hours in the evening won’t get you fired, and it’s a great way to cut out distractions. “Think of sex as the one thing you’re going to do for yourself all day,” Madison says.

### PREGAME

A Czech survey published in the *Journal of Sexual Medicine* found that women’s ability to reach orgasm is more about the duration of intercourse than foreplay. (The ideal feature presentation runs

# score

16.2 minutes.) Still, women stateside aren’t keen on skipping the previews. Take advantage of foreplay to heighten her arousal and help you get in the zone at the same time. “If you go straight from walking through the door to having sex, your mind doesn’t have a lot of time to adjust,” Madison says. “Spend 10 to 15 minutes kissing each other and teasing each other. That will help you get more focused on what you’re about to do.”

### ENGAGE ALL FIVE SENSES

When you pay attention to what’s going on around you (or under you), it’s hard for your brain to dwell on internal thoughts. “Thinking about what you’re doing is going to help you stay aroused and make sex more fun and more relaxing, instead of just another item on your to-do list,” says Madison, who offers up a simple yet effective method. “Ask yourself, ‘What am I hearing right now, what am I seeing, what am I feeling?’”

### FOCUS ON HER

Think your slow start in bed makes you a unique (albeit melting) snowflake? Not so much. Chances are she’s going through something similar—you’re

just too busy thinking about yourself to realize it. “I hear a lot of women say that sex can start to feel like a chore,” Madison says. “They say, ‘When we’re having sex I’m thinking about how many calories I ate that day or what my boss said at work.’ It’s the exact same thing where people are having sex but their mind is somewhere else.” Bring her attention back to the present, and yours will follow.

### DO IT IN THE KITCHEN

Your bedroom is a minefield of mojo-murdering visual cues. Things like your alarm clock, briefcase or laptop can remind you of a meeting or unsent e-mail, or, worse, a prior mattress malfunction. Luckily, a change of scenery may be all you need to get your head back in the game. “You hear about people who get off on having sex at the Mile-high Club,” Madison says. “I can’t think of a worse place to have sex than in an airplane bathroom. But what’s exciting about the prospect is that you’re not supposed to be having sex there. That’s why having sex in offices, in the kitchen, on the dining-room table—all of those types of locations—can be very exciting, because they’re not necessarily places you would normally have sex.”

**Crash!** Skimping on sleep can sabotage your sex drive.



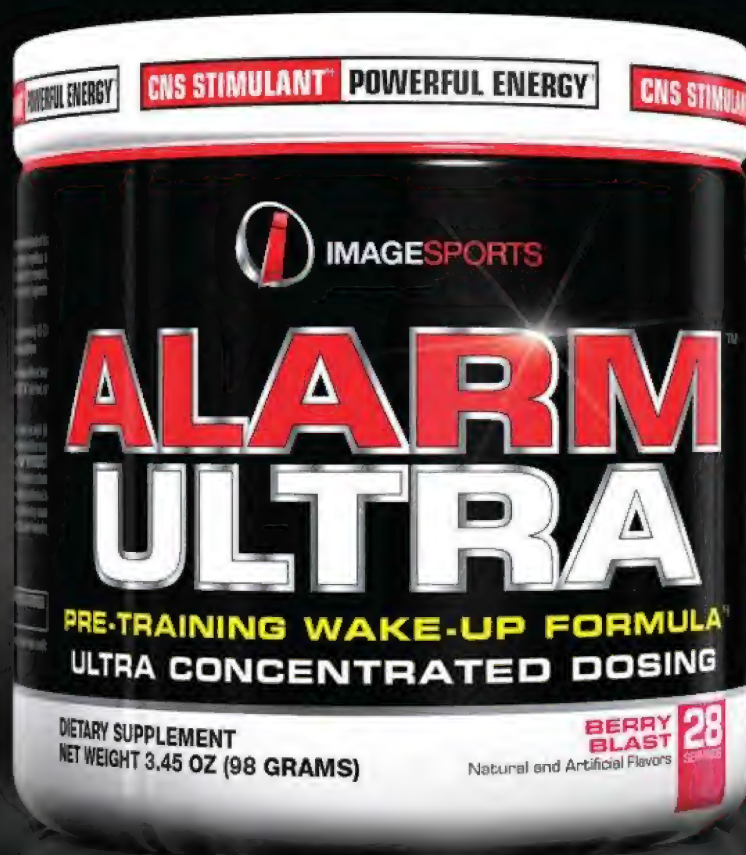
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# CONFIDENCE, MAN

Eight easy exercises to build your backbone

**C**hin up. Shoulders back. Look them in the eye. Have confidence. Whether you listened or not, your mom was trying to steer you in the right direction—even if that direction was out of the basement and into your own apartment. In fact, a 2012 study from Australia's University of Melbourne found that men who are confident in their abilities earn more than guys who have the same competence level but lower self-esteem. Those with the bigger cojones also reported more frequent promotions.

What Mom didn't teach you (hopefully) is that more confidence also equals more sex, more fun...more everything, really. Ah, but what if you're not the kind of guy who naturally carries his balls around in a wheelbarrow? Here are a few high-stress situations and tips for how to tap the keg of confidence quickly—without needing a few drinks under your belt first.

## IN THE MOMENT Go big.

We've been telling you the importance of stretching for years, but maybe this time you'll finally listen. "We conducted research about how nonverbal displays could make you feel more powerful," says Andy Yap, co-author of the study "Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance." Subjects who held outstretched poses showed a surge in testosterone and a decrease in the production of the stress hormone cortisol. Before your next high-pressure approach, take a big stretch and hold it for about one minute—your confidence will expand as well.

## ON A FIRST DATE Pump up your body.

"The best and easiest trick I tell guys before they go out is to work out," says Bela Gandhi, founder of Smart Dating Academy. Hitting the gym not only releases tension but also endorphins

and dopamine, the feel-good hormones. A little biceps pump won't hurt your chances, either.

## Pump up your ego.

Tracey Steinberg, a New York-based dating coach, recommends coming up with reasons why you're a catch. "Your friends tell you that you're really knowledgeable," she says, "or you're really funny, or you're a great listener." Remember, she wouldn't have said yes to the date if she weren't interested.

## Pimp out your wardrobe.

Clothes are critical to confidence, too. Have a go-to outfit that you feel great in. And remember, if you're not sure about it, don't wear it on a date, because it will do more harm than good. Gandhi's pick? "A great sport coat, a crisp shirt underneath it, a straight pair of dark jeans, a good belt, a nice pair of shoes, and a watch." Cover your bases and you'll feel ready to steal a few more.

## BEFORE THE JOB INTERVIEW Get the inside dope.

"Most of the people who are competing against you for the job will not invest the time or energy to research the company and the manager who'll interview them," says Roy Cohen, a career coach and author of *The Wall Street Professional's Survival Guide*. "Spend hours beforehand on research about the company—its issues, needs, and what you

**CLOTHES ARE CRITICAL TO CONFIDENCE. IF YOU'RE NOT SURE ABOUT IT, DON'T WEAR IT.**

can bring to the table. If you're prepared, you're guaranteed to feel more confident."

## Give yourself a grilling.

Got some résumé gaps? Unfinished degrees? Photos your college roommate swore he wouldn't upload? "If you've thought about these awkward issues in advance and rehearsed answers to questions about

them," Cohen says, "you'll be far more confident when they're asked—which they will be."

## WHEN THE GAME'S ON THE LINE Don't get mad.

Anyone can be confident when they're winning; true champions keep their cool when the odds are against them. "The victor will be able to bounce back quickly from negative

things that happen in the game," says Larry Lauer, director of coaching education and development at Michigan State University. Recognize negative feelings, then let them go. Acknowledging the need for a turnaround sets your mind up for a comeback.

## Don't lose your head.

You've shot a ball through a hoop before, yes? So whether you're playing H-O-R-S-E for lunch money or vying for the NCAA championship, the ball isn't any different. Tell yourself that you've done this before, and this time isn't any different. "Redirect your focus to [the fundamental aspects of] the game," Lauer says. "Move your thoughts away from the past and into the moment, and then force yourself to engage." Snap back into the present, and give 'em hell.



Frank Ockenfels/AMC





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**DARK OBSESSION** *Calvin Klein*  
The rebellious sibling of the 1986 original plays it cool with notes of Madagascar vanilla bean, labdanum, and suede. \$55, [macys.com](http://macys.com)



# RIGHT IN THE NOSE

Step up your swagger (and boost your overall sex appeal) with the best summer fragrances for men



**GUILTY BLACK** *Gucci*  
Gucci's latest offering is as much for the ladies' man as it is for fans of Frank Miller, who directed the fragrance's advertisements. \$62, [gucci.com](http://gucci.com)

**LA NUIT DE L'HOMME** *YSL*  
The swirling notes of bergamot, cardamom, and cedar in this nighttime fragrance will fire up her senses. \$60, [yslbeautyus.com](http://yslbeautyus.com)



**BLEU DE CHANEL** *Chanel*  
Bleu's subtle citrus notes are ideal for the man reluctant to apply anything more than soap and deodorant. \$62, [chanel.com](http://chanel.com)



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**CHROME** *Azzaro*  
Crisp and metallic, Chrome by Azzaro lays citrus accents atop a musky base note that's perfect for the office and out on the town. **\$76**, [azzaroparis.com](http://azzaroparis.com)



**SEDUCTIVE HOMME BLUE** *Guess*  
Sexy and sophisticated with woody, aromatic notes, Seductive Homme Blue takes the guesswork out of personifying suave. **\$65**, [guess.com](http://guess.com)



**EROS** *Versace*  
Undeniably distinct, Eros combines fresh notes of mint, lemon, and apple with wafts of vanilla, cedarwood, and tonka bean. **\$62**, [macys.com](http://macys.com)

**THE ONE SPORT** *Dolce & Gabbana*  
Powered up with an energizing freshness, the third installment of Dolce & Gabbana's The One series is perfect for the hottest days of summer. **\$78**, [macys.com](http://macys.com)



**GENTLEMEN ONLY** *Givenchy*  
A contemporary revival of Givenchy's iconic Gentleman fragrance, this scent has a masculine, woody base with spicy notes. **\$78**, [macys.com](http://macys.com)







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## APPEAL TO A HIGHER POWER

Wouldn't it be great if they developed a mind-control formula for men, one that gave you the power to appear more attractive to women, more intelligent to employers, more trustworthy to loan officers (and/or parole officers)? Well, they have.

It's called cologne.

A recent study at the University of Liverpool suggests there's more to male fragrances than just smelling good. Researchers found that spritzing yourself with a suave scent makes you appear more attractive to women, in part because of the positive effect it has on your self-confidence.

As summer sets in, look for lighter fragrances with notes of citrus and wood, for that "I just showered at my beach villa" vibe.

They say you should always be dressed for the job you want.

We say you should smell like the life you want.

**IF YOU DON'T WANT  
TO OVER-APPLY  
COLOGNE, SPRITZ IT  
IN THE AIR AND WALK  
THROUGH THE FOG.**



### POLO BLUE

Ralph Lauren

Formal but comfortable, powerful but relaxed, this blend of melon de Cavaillon, basil, verberna, and washed suede would be Don Draper's everyday choice. \$76, [ralphlauren.com](http://ralphlauren.com)

## GROOMING DON'TS

Men's Fitness Doesn't Recommend

We've been a fan of actor Alan Cumming ever since he got Carla Gugino to don that tight leather outfit in *Spy Kids*. But while he's getting rave reviews for his Broadway run in *Macbeth*, we're closing the curtain on his signature line of grooming products. It's not his fragrance, Cumming, or his other fragrance, 2nd Cumming, or even his soap, Cumming in a Bar, that got us. It's his new moisturizing lotion, Cumming All Over. We don't even know what that smells like. Oh wait, yes, we do.



Getty Images



AMERICAN

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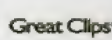
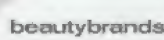
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Mazda 6

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That's the difference in price between the Jaguar F-Type—the winner of the 2013 World Car Design of the Year award—and the Mazda 6, which was nominated for the same award along with the \$280,000 Aston Martin Vanquish.

Mini Convertible S



Ford Edge



Subaru BRZ

# GETAWAY CARS

Five rides that pack in more performance than you'll pay for

What do watches, dress shoes, and gas station sushi all have in common? You get what you pay for. Cars, on the other hand—well, sometimes you get a little more. And sometimes you get a lot. Whether it's superior handling, bold design, or brute strength, these rides prove you don't have to crack a safe to drive like you just robbed a bank.

## SUBARU BRZ \$25,495

Too many "sports" cars on the road today are sacrificing performance for luxury. The BRZ is for the purist who wants to leave smoky tracks on the ground. The engine has been lowered and moved farther back in the frame than in any other Subaru model to attain the best possible center of gravity for tighter, more nimble handling. The engine, of course, is the main event; turn the key and you can feel the 200 horses beneath the hood champing at the bit. But they won't eat you out of house and home: The BRZ automatic gets 25 miles per gallon in the city and 34 on the highway.



## MINI CONVERTIBLE S \$28,850

This iconic firecracker is much more than a '60s holdover. The Mini's bulldog stance pushes its wheels way out to the corners of the chassis for increased agility around corners and a more spacious interior: With the rear seats down you can enjoy 23.3 cubic feet of cargo space—about as much as a typical sedan. Need more room, or just some fresh air? Take down the roof. The vehicle is engineered to maintain performance when you're driving with the top down, meaning you can floor it just as viciously as you would otherwise—and with one-touch sport mode that unlocks quicker acceleration and snappier gear shifts, you won't want to do anything less.

## MAZDA 6 \$20,880

Get ready to drive it like you stole it, because if you're anything like us, when you hit the highway in the new Mazda 6 you won't believe the deal you just scored. As the dealership disappears in your rear-view mirror, you'll realize that this is a true driver's car. Equipped with a SKYACTIV 2.5-liter inline-4 powerhouse generating 170 horsepower and 167 pound-feet of torque, the 6 is unlike anything in its

competitive set. Opt for the six-speed manual, as we did, and you'll fall in love with driving all over again. Eliciting confidence on fast curves with responsive steering and power that's there when you want it—and you will—this is an engaging, good-looking, and surprisingly affordable machine that's capable of spirited runs and efficient fuel economy. And with the base model stripped of frills, you'll have cash left over for rims and a stereo upgrade.

## FORD EDGE \$27,555

It's almost like the Ford Edge knows it's better than similar-looking cars on the road. Just look at that smug grill. It knows it can seat five comfortably. And it's just waiting for you to open the back to reveal nearly 70 glorious cubic feet of cargo space. It knows it can tow 3,500 pounds and, thanks to the rear-facing camera, that it looks good doing it. Going away for the weekend? Pshht, like it never thought of that! Available Thule kayak and bike mounts make moving your gear a breeze. Yes, the Edge can play the rugged role, but it won't be typecast: from leather seats to LED lighting (standard in the Limited and Sport models), this crossover, if we can call it that, is truly something else.

## VW GTI \$24,200

The original hot-hatch wunderkind is still top dog in its category. Flashing its 18-inch Detroit alloy wheels, riding on a long wheelbase, and sporting a badass, eat-the-street-for-breakfast scowl, the GTI is impressive inside and out. Dive into an on-ramp and you and your passenger will be stuck to the upholstery, thanks to the sport-inspired front seats. But there's more to the new GTI than look and feel. Beneath the imposing exterior is an even more impressive DSG six-speed, dual-clutch, automatic transmission (optional) that delivers all the performance of a manual with the precision of an automatic and a more responsive ride than you'd expect.





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# 10 WORST FITNESS FAILS OF ALL TIME

Bad ideas, bogus trends, and a butt-powered lightbulb

## 1. JACKED RYAN

Between the backward baseball cap, the "40" drawn on the dumbbell, and the schoolboy-sincere expression that just screams "I'm listening to Rage Against the Machine right now," Rep. Paul Ryan's *Time* magazine photo shoot briefly made lifting weights the lamest hobby you could have.

## 2. SHOELESS WOE

The biggest mistake you can make when trying barefoot running...is trying barefoot running. That way he blisters, stress fractures, and scraping dog poo off your soles. If you want to increase your mileage and prevent injury, focus on the way you run: A Harvard study found that heel-strikers sustain nearly twice as many injuries as other runners, shoes or no shoes.

## 3. STICKY FEET

"Why pay for an expensive powered treadmill," asks the ad for the Velcro Home Jogger, "when a little ingenuity can give you a full jogging workout for a fraction of the price?" Why indeed? Apparently we simpletons are missing the obvious—that lacing up a pair of Velcro-sole shoes and running in place on a carpet the size of a chessboard makes for a socially acceptable and totally sane way to get a running workout. We're guessing it also sounds nothing like an old TV caught between two channels.

## 4. RETRO FITTED

In 1918, fitness innovators marketed the Prostate Gland Warmer, a nine-foot cord with a blue lightbulb on one end and a 4¼-inch dildo-like plug on the other. When plugged in, the light transferred heat to the dildo to stimulate the "abdominal brain." We're not actually certain what the "abdominal brain" is—and we're not sure we want to know.

**PAUL RYAN  
REPS ALL  
THE WAY TO  
FAILURE.**

## 5. YER NOT A WIZARD

It's hard to hate on the *Harry Potter* series: It figured out how to get a generation of kids reading. But the outbreak of Muggle Quidditch (running

around a field playing handball with a broom between your legs) on college campuses since 2005 has resulted in an International Quid-ditch Association.

## 6. ICE-COLD DRAFT

The Portland Trail Blazers didn't see what Kevin Durant had to offer, so they chose Greg Oden as the No. 1 draft pick of 2007. Injuries, and a bad habit of sending girls pictures of his privates, led to the Blazers cutting him after just 82 games—over five seasons.

## 7. SCOUT'S DISHONOR

The NFL combine tests players on things they'll never have to do in a game to indicate how they'll perform in a game. Justin Ernest set the unbroken record for reps on the 225 bench press in 1999, with 51—and never made a team. Arian Foster did poorly at his combine, and last year led the league in TDs.

## 8. AB-SOLUTELY...NOT

Wear the Flex Belt around your midsection to zap your abs with electricity that'll tighten and tone while you "cook, relax, and play with the kids" around the house. It's even FDA certified! News flash: "FDA certified" means little more than that the manufacturer registered the product. According to an FDA website, stimulating your muscles with electricity will not "create a major change in your appearance without the addition of diet and regular exercise." A better use for your \$200? Bet a buddy that you can stick to a workout for six months.

## 9. THE CURE FOR SLACK JAW

If you hate social activity and don't care about looking as if aliens are invading your brain, the Face Trainer by no/no! is the product for you. The Face Trainer boasts "training for all 44 bilaterally symmetrical muscles of the face and neck." Now you can have beautiful skin and look like you belong in a 19th-century insane asylum.

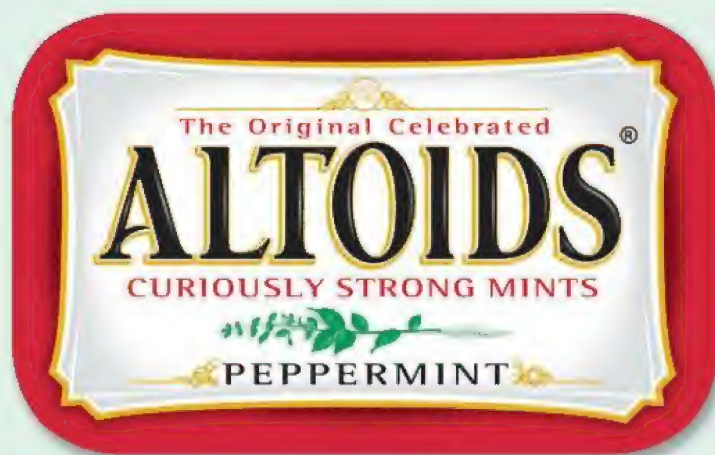
## 10. CARROT, STOP

As Jonah Hill said in *Funny People*: "There's nothing funny about a physically fit man." Carrot Top ignored this edict and has spent a good part of the past decade and a half getting more jacked and even less funny. Because that worked out so well for Joe Piscopo.





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## BUST STRESS

The author of the 4-Hour book series offers tips to chill out fast

**TIM FERRISS DOESN'T REST ON** his laurels. At only 35, he's already become a champion kickboxer, a world-record-holding tango dancer, and the author of three best-selling books—*The 4-Hour Workweek*, *The 4-Hour Body*, and *The 4-Hour Chef*. Ferriss has mastered the art of distilling the most beneficial material from an ocean of information on nearly every subject—stress management included—and his rigorous travel schedule for public speaking and consulting gigs presents plenty of challenges to his peace of mind. Still, no one needs to tell the self-proclaimed "Meta-Learner" to take it easy. When we asked Ferriss for his best tips on how to unwind, he said it's all about minimalism.

### MF: FOR STARTERS, WHAT'S THE SIMPLEST THING WE CAN DO TO REDUCE STRESS?

**TF:** Walking barefoot offers a lot of ROI for very little time. So walk for 10 to 15 minutes on grass every day, or at least every other day. It's also very helpful to the stabilizing muscles of the foot, especially if you're a runner. If it's cold or muddy, using minimalist footwear so you can feel the metatarsals working is almost the same. If I wear the Vapor Glove by Merrell (\$80 at [merrell.com](http://merrell.com)), I can wrap my toes over the edge of a step on a staircase. I can roll these shoes up like a newspaper. For practicality, it makes more sense to wear the shoes sometimes, but barefoot is ideal.

### IS THERE ANYTHING WE CAN DO FIRST THING IN THE MORNING TO REDUCE STRESS THROUGHOUT THE DAY?

Get 15 minutes of sun exposure. If you can't get real sun, you can simulate it with the Philips Golite—it's a compact, portable light that was developed to treat seasonal affective disorder (\$130 at [philips-store.com](http://philips-store.com)). I've worked with busy executives who said it's the most incredible thing they took away from *The 4-Hour Body*. Fifteen minutes of this blue-light exposure in the morning fixes insomnia for eight out of 10 people. What it does is effectively course-correct the light cues for sleep. People our age sit up looking at a laptop screen or other

electronic devices soon before we go to bed, and it interferes with circadian rhythms and light cues. So by using the light in the morning, you're basically resetting the clock that determines when your body wants to go to bed. If I don't get those light cues in the morning, I find it infinitely harder to get sleep at night. If you're trying to cut back on caffeine, the light can help you replace your morning cup of coffee.

There's also a free app you can download that will automatically dim [the brightness of] your laptop screen at sundown so that the light won't interfere with your biological processes as much. It's called Flux (download it at [stereopsis.com/flux](http://stereopsis.com/flux)).

Another thing: Really cold showers or ice baths have been clinically studied for their antidepressant properties. They're excellent for accelerating fat loss, too. Brown adipose tissue is the fat your body uses to generate

heat, so making yourself cold will cause more fat to burn. I'll routinely take ice baths or cold showers, focusing the cold water on the upper back or neck. That's where most adults have brown adipose tissue. I'll do it in the morning and right before bed.

### SOME PEOPLE FIND GOING TO THE GYM STRESSFUL. WHAT EXERCISE DO YOU RECOMMEND THAT DOUBLES AS A STRESS RELIEVER?

Quadrupedal movement, which basically means moving like a monkey on all fours. One of the "4 Fundamentals of Outside Fitness" I gave to Merrell for its Connect to Your World project (Ferriss is a mentor for the shoe company's outdoor fitness campaign) is the cat crawl. You're crawling, but keeping your hips at the same elevation as your shoulders with your knees inside your shoulders. It works your core and warms up all your joints. It also excites the nervous system. If you did that five minutes a day in the morning and at night you'd prevent the vast majority of hip and back pain people suffer from. It's superfun to do, too—it looks ridiculous from a spectator standpoint. Do crawls for 10 feet backward and then 10 forward. Do four sets like this.

### ANYTHING WE SHOULD BE TRYING ON THE NUTRITION FRONT?

L-theanine is an amino acid that is relaxing and associated with alpha brain waves and slow states of mind. You can purchase it separately as a supplement or drink it [in green tea]. Supplementing with magnesium and zinc before bed can also help sleep.

*Tim Ferriss* blogs at [fourhourworkweek.com](http://fourhourworkweek.com). Find out more about Merrell's Connect to Your World campaign at [merrell.com](http://merrell.com).

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LIVE WELL



# Earn It!

BY JACK OTTER



had such a run-up: timber. The smart money—pensions, college endowments—have been buying forestland for years. You may not be sitting on enough cash to buy yourself a forest, but you *can* buy shares of Plum Creek Timber (PLC). It pays a 3.3% yield, which compares nicely with gold's 0% payout. Plum Creek has had a good run lately, but has only doubled since Y2K.

Gold is a fear trade. Timber is a growth trade. Construction dried up in the wake of the housing bubble, but home builders are finally swinging hammers again, and that's already boosting the need for wood. Demand from Asia is also strong. Sure, there could be another downturn, and, like any investment, shares of Plum Creek could drop. But unlike gold, trees keep growing, so the intrinsic value of your investment increases till it's time to harvest. And in the meantime, you collect 3.3% a year, compounding.

In some ways, timber is the perfect investment. There are no huge deposits of trees that might be discovered, lowering the price of existing trees. In fact, warming temperatures are allowing the forest-destroying pine beetle to decimate woodlands in British Columbia, crimping supply and putting upward pressure on prices. And, unlike a hot energy play, a timber investment won't have you worrying about the tree well drying up.

Bonus: Plum Creek is a real estate investment trust, or REIT; but unlike most REITs, its payout is treated as a capital gain rather than ordinary income, so the taxes are lower if you're in the 25% tax bracket (income exceeding \$36,000) or above.

## THE UNFORCED ERROR Paying High Fees

**WORTH IT:** Low-cost Index Fund  
**NOT WORTH IT:** Hot Mutual Fund

You probably keep tabs on your monthly expenses. But do you have any idea how much you're paying to invest? All those mutual funds in brokerage accounts and 401(k)'s come with a price tag—but it's a price

# MAKE IT GROW

Three simple strategies to make 2013 a more prosperous year

Jack Otter is editor of [barrons.com](http://barrons.com) and the author of *Worth It... Not Worth It? Simple & Profitable Answers to Life's Tough Financial Questions*.



## WHAT DO SNOOTY RICH GUYS KNOW THAT YOU DON'T?

Besides the difference between a 1990 and '91 St.-Emilion Bordeaux, they also know one simple secret—that you succeed at the money game using the same strategies that win tennis matches, earn promotions, and enable you to emerge unscathed from a “talk about where things stand” with your girlfriend:

- Avoid unforced errors;
- Never pass up the chance to earn an easy point; and, above all:
- Never, ever substitute emotion for intelligent analysis.

In fact, taking the easy way in makes a lot more sense than driving yourself nuts crunching numbers all night and obsessively managing your E\*Trade account. Here are three somewhat counter-intuitive money moves that will burnish your portfolio and pay off handsomely in your future. (You can use the proceeds to buy a nice bottle of 1990. The '91 is vinegar.)

## THE UNFORCED ERROR Buying at Peak Price

**WORTH IT:** Timber  
**NOT WORTH IT:** Gold

Gold has been the trade of the (young) century until recently. Back when tech stocks were hot and George W. Bush was headed to the White House, an ounce of gold went for about \$280. It passed \$1,900 in 2011, then fell below \$1,400. Doom-sayers predict that, as central banks around the world keep printing money, gold will be the only thing that holds value. And maybe they're right—it's tempting to want to buy the dip. But Warren Buffett didn't become the world's second-richest man by investing in assets after they'd run up sixfold, and you probably won't, either.

Instead of following the herd, consider an investment that some say is better protection against inflation, and hasn't



## BANKS ARE PAYING WHY-EVEN-BOTHER LEVELS OF INTEREST, SO YOUR CASH IS DEAD MONEY IN A SAVINGS ACCOUNT.

most people ignore. It's called the "expense ratio," and it generally varies from less than 0.1% to about 1.5%. Here's a secret the financial industry doesn't want you to know: The cheaper the fund, the better it is.

How great is that? With German cars and Swiss watches, you pay more to get more. You may consider Porsches overpriced, but would you rather be taking on the switchbacks of the Italian Alps in a Pontiac Aztek?

With mutual funds, however, it's the opposite. Stacks of academic studies have found that you'll weather the twists and turns of the market better with a dirt-cheap index fund than with an actively managed high-priced fund run by stock pickers who try to beat the market.

Some guys spend hours analyzing mutual funds, certain that if they work hard enough,

they'll gain an edge. It's a natural impulse—and it's entirely wrong. There's no more accurate predictor of a fund's performance than its cost: The lower the cost, the better it'll do. A study by Morningstar grouped funds into five categories, from most to least expensive. The cheap funds outperformed the most expensive ones 100% of the time. In short, you're better off wagering that the Cubs will win the World Series than that your high-priced-fund manager will outperform the S&P 500 over the long term.

Here's the math: The average stock mutual fund charges about 1.3%, or \$13 for every \$1,000 invested. Doesn't sound like much, but compare that with a bargain-basement fund charging 0.7%, or \$.70 for every \$1,000. If at age 30 you invested \$100,000 in the more expen-

sive fund and earned 8% a year, at age 65 you'd have \$935,258. Invest the same amount in the cheap fund at the same 8%, and at 65 you'd have \$1,442,738.

The difference would put six Porsche 911s in your garage.

### THE UNFORCED ERROR

## Letting Your Money Gather Moss

WORTH IT: Long-term CDs

NOT WORTH IT: Savings Account

It may be a first in the history of finance: a way to use the fine print to your advantage.


Perhaps you're looking to buy a house in the next few years, or maybe you're saving up for that much-needed sabbatical in Tahiti. While the stock market may look like a good investment for the long run, stocks feel a little risky when it comes to funds you may need to tap in the near future. The alternatives, however, are ugly. Banks are paying why-even-bother levels of interest, so your cash is dead

money in a savings account.

Park \$10,000 in a bank's average money market for a year and you'll earn a whopping \$16.

The solution, courtesy of Colorado financial adviser Allan Roth: Take that \$10K and buy a five- or seven-year certificate of deposit (CD) with a small early-withdrawal penalty. Roth recommends Ally Bank's five-year CD, which yields 1.53%. At first glance, you might reject it, seeing that your money will be locked up until 2018. But, in fact, you can pull your money out early and pay just a small penalty (two months' interest). So even if you cut and run after a year, you'll still pocket \$125. Hold the CD until maturity, and you'll earn nearly \$800.

Even if you don't follow these strategies exactly, you'll build wealth faster just by heeding these lessons: Don't follow the herd into a "hot" investment; control what you can, costwise; and don't try to outsmart the market. And if a free lunch does come along—eat.

Cut this out.  Circle portions appropriate to your needs.

Dear,  
**MOM, WIFE, GIRLFRIEND, AUNT, OTHER**  
(circle applicable)

As you know, (father's, my birth, because you love me, just another) day is right around the corner. I'd like to make shopping for me as easy on you as possible and avoid another (tie, golf accessory, monkey paw) which would ultimately end up (at the bottom of my closet, in a pond, unloved). Therefore, I have taken the liberty to provide you with this (foolproof, genius, best-gift-ever) suggestion, which will benefit us both greatly: I will get what I actually want; you will get a better version of me. Thank you in advance! ( \_\_\_\_\_ )

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and **JOHN ROMANIELLO**

F

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T

## INTERMITTENT CHEATING

By combining intermittent fasting with a wild cheat day, you can eat whatever you want and still lose fat. Believe it.

**IF THIS ISN'T THE FIRST TIME** you've leafed through a fitness magazine, you've come across intermittent fasting (IF) before. It's everywhere in the fitness world, and it's one of the nutrition concepts we're most excited about. There are many ways to implement IF, but it always involves a prolonged period of simply not eating. The benefits to this approach are legion, including a natural boost in growth hormone release, improved insulin sensitivity, and more fat loss, in addition to myriad health bonuses such as a decreased risk for heart disease and even Alzheimer's.

The reason? It's simply a matter of rest. When you're not eating or digesting food, your system is free to clean house. In a process called autophagy, your body reallocates nutrients that would otherwise be used to process and break down food for healing and recovery. It's your body's own innate cleansing and detoxification system, and it has powerful anti-aging properties.

### A diet that lets you live

The most appealing aspect of IF is probably the social one: You don't have to carry perfectly proportioned meals around with you like a bodybuilder if you want to be lean and muscular. Rather, you can forget about food for much of the day and then eat at night when your work is done or you're out with friends. It provides the flexibility to get lean in a modern world where time is short and interruptions are constant. A study published in a 2009 edition of the *American Journal of Clinical Nutrition* showed that obese subjects practicing IF lost body fat and improved their blood markers to reduce the risk of cardiovascular disease. More interestingly, and possibly because the fasting meshed so

well with their lifestyles that they were able to stick with it more easily, the subjects' adherence to the diet was 89%—a rarity in any diet study. (News flash: Dieters tend to cheat.)

### Cheating to lose

Okay, so intermittent fasting may make you less inclined to cheat on your diet, but cheating doesn't have to be a bad thing. In fact, when you combine fasting with a cheat day—the most beloved part of any diet—you've got an awesome strategy for both staying sane while trying to lose weight, and perhaps even enjoying your fat-loss diet.

Cheat days aren't just a satisfying reprieve from the monotony of a diet, they're an essential part of its success. You see, when you restrict calories for a few days, leptin levels begin to drop. Leptin is the satiation hormone, and it plays a part in influencing your thyroid, which regulates metabolism. When leptin levels go down, so do the levels of certain thyroid hormones—and that puts the brakes on fat loss. That means you can keep eating less, yet not lose any fat. It's not fair, but that's what happens when your hormones work against you. Thankfully, there's a way to get them working for you.

While leptin falls when calories are low, it rises when calories are high—and it rises even higher if you take in a lot of calories in a short time. Periodically eating calorie-dense, carb-rich food boosts the metabolism, restor-

**THE ONLY WAY TO LOSE MORE WEIGHT GOING FORWARD IS TO EAT A LOT ON YOUR CHEAT DAYS.**





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# Burn It!

## MUSCLES NEED TO BE FED PROTEIN CONSTANTLY—GOING LONGER THAN THREE HOURS WITHOUT FOOD WILL CAUSE THEM TO WASTE AWAY...RIGHT? WRONG!

ing the leptin that indirectly controls it.

This means that once a week you can spend an entire day gorging on whatever you want. This cheat feast bumps your leptin levels back up and allows you to lose fat again, especially when followed by a fast. Consider a 2003 study published in the *European Journal of Internal Medicine*, in which 30 obese people followed a calorie-restricted diet for 21 days, at which point their fat loss slowed. When they were administered leptin, the subjects were able to continue losing fat.

### The fast-and-cheat plan

So here's what we want you to do:

- Follow a low-carb, calorie-restricted diet for five days straight. Eat about 500 calories less than what you need to maintain your weight (you can use the calculator at [mensfitness.com](http://mensfitness.com) to determine this number and find meal options, too).
- On Day 6, eat as much as you want of any food you like. Yes, pizza, ice cream, and buffalo wings are not only acceptable, they're encouraged. The only caveat is, don't eat to the point of being stuffed—get your fill but don't overfill. If possible, make this a day when you lift weights and do your training in the morning, before you begin your feast. This will help your body use more of the incoming calories for recovery and muscle growth, and give your metabolism an extra kick as well. Feel free to continue eating right up until bedtime. Seriously, don't skimp here, thinking that eating less will help you lose more quickly. The only way to lose more weight going forward is to eat a lot on your cheat days to restore your leptin.
- The next day, Day 7, don't eat at all, except for some black coffee or tea, if you like, and plenty of water.
- Note that your feast and fast days don't need to occur on any particular day of the week, so schedule them any way it's convenient for you. Just make sure the two days are back to back and are done in that order (feast then fast).

After having eaten so ravenously on Day 6, you're not likely to feel very hungry during your fast on Day 7. If you were to eat normally the day after such a gorge-fest, you might feel bloated or get indigestion; but taking a break from all food prevents that. Fasting optimizes your sympathetic nervous system—which governs your "fight or flight" response—so,

rather than feeling sluggish, you'll be more focused and alert all day long. And without carbs to raise your blood sugar then cause a sudden crash, your energy will stay steady throughout the day.

When you choose to break the fast is up to you. You can end it the evening of Day 7, with dinner, or wait till breakfast (for a full 24 hours of fasting), lunch, or even dinner (for 32–36 hours of fasting) the next day. When you're ready to break the fast, go back to the lower-calorie foods on your normal diet. Experiment and see what amount of fasting feels best to you. And remember: The longer you fast, the more fat you'll burn.

### Fast muscle

Of course, one question gym rats always ask is whether fasting will cause their muscles to break down. After all, one of the most popular myths found in bodybuilding magazines is that muscles constantly need to be fed protein to maintain size or grow, so going more than three hours without food will cause them to waste away...right?

We have to suspect that whoever wove this yarn must have been trying to sell more protein powder, because in our experience, and that of thousands of very fit fasters, it's nonsense. In fact, IF seems not only to spare muscle, but also to do so better than your typical lower-calorie diet. In 2011, the International Association for the Study of Obesity compared normal dieting (daily calorie restriction) with an IF approach: 24 hours of eating as much as subjects wanted, alternated with 24 hours of little or no food. The results in weight and fat loss were similar, but the fasters retained more lean muscle mass than the conventional dieters. If you're especially worried about losing muscle, end your fast no later than 36 hours after your feast. That will give your body enough time to burn fat, but not so much that it switches over to burning muscle for fuel.

It may take a little practice to go a day or more without food, but when you see the results in the mirror, that should be incentive enough to keep going till you get the hang of it—that, and the pizza and ice cream you can reward yourself with every week.

*Adam Bornstein and John Romaniello are the authors of Man 2.0: Engineering the Alpha, available now from HarperCollins. [engineeringthealpha.com](http://engineeringthealpha.com)*

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JEANS: TOMMY  
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TIMBERLAND

WANT IT?  
SEE PAGE 161





BY MATT CAPUTO  
PHOTOGRAPHS BY PETER YANG

# MAN OF ACTION

HOW A SERIOUS  
ACTOR GOT  
TRAPPED IN  
**VIN DIESEL'S**  
BODY



THE SUN IS BEAMING  
DOWN OVER THE PICTURESQUE  
CANYON RANCH IN  
WESTLAKE VILLAGE, CALIFORNIA.

## BUT IT'S NOT THE HEAT THAT'S GETTING TO VIN DIESEL,

it's the constant ribbing from his entourage. Vin's two lifelong buddies, Valentino Morales (a supporting player in most of Diesel's films) and Dave Breaux (a co-star in the viral video of Diesel in his breakdancing days), are here cracking jokes and snapping their own pictures between takes. The gang goes back to when Diesel was just a train-hopping New York City kid, and they reminisce about how they all came West when Diesel turned Vincent Chase. "People don't see him for what he really is," Valentino says—in a Dominican drawl—staring in as Diesel poses for the camera. "They only see a buff guy. But he's a genius actor."

There comes a moment when the cameras are gone and Diesel and his buddies stand at a high point of Canyon Ranch because Diesel wants a group picture. They lean against the vintage Cadillac and smile wide. For a moment, there aren't any decisions to make or parts to play. Diesel can just be himself. "Let's show them how we ball out," Diesel says to Val and Dave with an iPhone pointed at them. "Let's show them how we're living—look tough."

### BOILING POINT

A LITTLE MORE THAN A DECADE AGO, VIN DIESEL swept into Hollywood like a tornado, nailing the trifecta of iconic Hollywood blockbuster (*Saving Private Ryan*), high-grossing action movie (*Pitch Black*), and dialogue-heavy art film (*Boiler Room*), all within a two-year span. Who was this bald, multiracial bodybuilder type who could play a death scene for Spielberg, slaughter aliens, and then dominate a film about corrupt stockbrokers who do nothing but talk—and do it all with a bass rumble that made Barry White sound like Betty White? The movie business had never seen anything quite like him before.

While the acting chops were clear early on, it's hard not to see Diesel as a born action hero. And he realizes he's been typecast that way. "Being a physical presence will rule you out of a lot of roles," Diesel says. "I couldn't have done *Ferris Bueller's Day Off* with that physical presence. But I like it as part of me; it's part of what I represent, and I think if Humphrey Bogart were around today he'd be a lot bigger." If the home gym in Diesel's garage is a sign of anything, it's that he's embraced his place in the industry.

"Hollywood is more concerned about its male actors being in shape than its female actors," he says.

Diesel's early life would seem to point straight to his two recurring roles—as street racer Dominic Toretto in *The Fast and the Furious* (the franchise just unveiled its latest incarnation, *Fast & Furious 6*) and the morally ambiguous title character in *Riddick*, a role he'll reprise for the fourth time this summer. He was a gym rat who built muscle as his main hobby and made ends meet as a bouncer in the New York City club scene. "My only senses of gratification in my early life, for the most part, were my body and women," Diesel says. "That was it."

It's a story that's been told before. But there are details of Diesel's life that people are less familiar with. Like how he grew up surrounded by creative minds at the Westbeth Artists' Housing community in Manhattan's West Village. Or how his stepfather, a drama instructor at New York University, taught him to take acting seriously. Or how his mom wouldn't let him play sports growing up. Or how as a struggling actor he'd get up on a table to do impersonations before a roomful of nightclub security guards. Or how he used his basso profundo as a telemarketer so he could save up enough money to write, direct, and star in his first film, *Multi-Facial*, an exploration of his own struggles with racial identity.

Today, with kick-ass action-movie roles coming so easily, it's not surprising that opportunities to see Vin Diesel the serious actor are few and far between. "This is a mafia industry," he says. "When studios feel they can keep the lights on by putting you in certain [roles], they do." Adds director Ben Younger, "If you've seen *Boiler Room*, you have an idea of what Vin's capable of. He can do anything; if he'd wanted to be a character actor he could have done that the rest of his life. And he could be a movie star, which he's proven that he is."

### ACTING THE PART

DIESEL IS PERHAPS PROUDEST OF A SMALL MOVIE he made seven years ago: *Find Me Guilty*—the true tale of Jackie DiNorscio, a New Jersey wiseguy who defended himself in the longest Mafia conspiracy trial ever. It was a passion project, and one that afforded Diesel the chance to work with the late director Sidney Lumet on his penultimate film.

"I did the movie for less than nothing and I lost money," Diesel says. "We were going to shoot in



T-SHIRT: EXPRESS





SHIRT: BANANA REPUBLIC  
JEANS: TOMMY HILFINGER  
SUNGLASSES: RAY-BAN





**"HOLLYWOOD IS MORE CONCERNED ABOUT ITS MALE ACTORS BEING IN SHAPE THAN ITS FEMALE ACTORS."**



Canada, and I was going to get paid \$1 million for the movie, and Sidney Lumet asked me, 'Can you do the movie for free and we'll do it in New York?' I asked why and he said, 'Because I want to fill the courtroom with New Yorkers and I want my extras to be hand-picked.' So, I said OK."

Part of the reason why Diesel nailed his role in *Find Me Guilty* is the way he prepares. For DiNorscio—who was imprisoned during the trial—Diesel left his apartment only to work, barely seeing the light of day. Gearing up for Dominic Toretto, his Cuban character in the *Fast* films, Diesel spent time in Cuba with his buddies, taking in the culture. For his part in the new *Riddick* movie, Diesel isolated himself upstate in Red Hook, NY, for about five months.

"People on Facebook knew I was MIA," he says. (His page has more than 40 million "likes.") "I was up in the woods, maybe 30 miles from the Catskill Mountains—there are only black bears up there."

For now, Diesel intends to have fun playing the roles he's been granted. He's a producer on both the *Fast* and *Riddick* franchises, and that allows him to take the films in whatever direction he chooses. "There were scenes that were so dangerous that if the studio really knew I was doing them they'd have shut down production on *Fast 6*. There were days when I came home and looked at my kids and hugged them and thought, 'Is it enough that it's for the sake of art that I risk my life like that?'"

It's this kind of dedication that's earned Diesel the respect of his peers. "Being an actor/producer, you have to be selfless," says Tyrese Gibson, star of three *Fast* films. "You have to get away from thinking about what's good for yourself and focus on what's good for the overall movie, and he does a great job of that."

Nowadays, Diesel, a father of two, focuses on his home life, but that hasn't stopped him from using his spare time to plot a trilogy of his own, about Hannibal, the Carthaginian military leader. He's already talked with Quentin Tarantino, among other potential directors. It's an opportunity for him to test his mettle in a challenging new role. "My chief concern is making things that are significant and allow people to escape in a real way," he says.

The thoughtful Diesel would love to make more films like *Find Me Guilty*, with fewer fights and car chases, but the actor understands that good ideas can't be forced. "I wish he did more indie stuff; I wish that more people saw him that way," says Michelle Rodriguez, Diesel's longtime friend and *Fast* co-star. "He's got to be really, really picky about whom he works with. You're talking about a guy who gets paid shitloads to do what he does. To do an indie gig with an upcoming director is tough."

In the meantime, Diesel will keep playing the hero. In the aftermath of Hurricane Sandy, he sent funds to cover two weeks' worth of food for the residents of the Westbeth houses he was raised in. He and his stepfather also established a film academy in the Dominican Republic through Diesel's One Race Global Film Foundation, which trains aspiring filmmakers.

As the photo shoot winds down, so too does its star. Mark Sinclair Vincent is a neighborhood guy again, hanging with his boys. But still looking tough. ■



## CLEAN AND SIMPLE

Armani Exchange,  
Pima Pocket Tee, \$29

Does that company pay you to wear their name on your shirt? No? Then lose the logos and try this ultrasoft pima cotton T-shirt from Armani Exchange. Instead of reading your chest, she'll read your eyes.



## COMPLEMENT ANYTHING

Converse Chuck Taylor  
All Star Hi-Top, \$55

Nothing beats a fresh pair of Chucks that can be worn with (literally) everything. The flat soles are perfect for weight training, the minimal styling works great with jeans, and you can even use them to dress down a suit for a more casual look.

## JUST THROW IT IN THE BAG

Tommy Hilfiger Fairfax  
Duffel, \$248

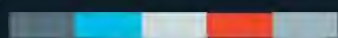
The perfect gym bag is sturdy, lightweight, and breathable—for reasons we won't go into. The Tommy Hilfiger Fairfax Duffel is a stylish upgrade from the sporty version you've been using forever, and it's big enough to hold all your workout gear.



BY SAMANTHA SUTTON AND CAT PERRY  
PHOTOGRAPHS BY TRAVIS RATHBONE  
STYLING BY ANGELA CAMPOS



# 27 WAYS TO LOOK YOUR BEST WITH THE BEST-LOOKING NEW PRODUCTS FOR MEN







#### GET THE PICTURE

Samsung NX300, \$750

There's no shame in Instagram, but photos that will stand the test of time require a quality camera that isn't also a phone. The Samsung NX300's Best Face feature snaps multiple shots so you can choose the "best face" for everyone in the pic, and it comes Wi-Fi-ready so you can share photos with the click of a button. Actually, Congressman, perhaps this one's not for you.

## BRING YOUR MORE STYLISH SIDE INTO FOCUS.

#### SHOW THAT YOU'VE LEARNED A THING OR TWO

Oakley, prices vary

You've strolled on the dark side. Now hide your bad-boy past behind a pair of stylish, grown-up eyeglasses. Oakley prescription eyewear even has styles made of flexible, heat-adjustable acetate that'll mold to fit your face after 20 seconds under warm water.

#### A TRICK OF THE WRIST

Tissot PRS 516  
Chronograph, \$525

You could spend a lot more on a watch, but with options like the Tissot PRS 516 you don't need to. It's a sports watch in disguise: Time your workout and then hit a board meeting. The self-winding mechanism makes it the perfect timepiece to wear every day.





### THE WILD ONE

Triumph Daytona 675,  
\$11,600

It looks like something out of *Alien vs. Predator*, but the Triumph Daytona 675 is even more ferocious. Fitted with a monstrous 14,400 rpm engine to put out earth-shaking, best-in-class torque, the rebellious Daytona 675 is the standard to beat—or at least try to.





**PERSONAL STYLE  
IS LIKE FITNESS:  
NAIL IT EVERY DAY,  
AND IT BECOMES  
PART OF WHO YOU ARE.**



## LOOKS GOOD, SOUNDS GOOD

Harman Kardon BT.  
\$250

If you're going to rock a pair of headphones on your skull, shouldn't they be as stylish as the rest of you? Great for workouts or cruising the streets, these noise-reducing headphones are Bluetooth-compatible, so there are no tangled wires to cramp your style. A two-hour charge will buy you 40 hours of wireless listening.

## TAKE THIS TABLET WITH WATER

Sony Xperia Tablet Z.  
prices vary

Yes, it's sleek and sexy, but so are most tablets. The Sony Xperia sets itself apart by being water-resistant to 3 feet. Leave it on the edge of the pool and it'll fare better than your paperback. Download your favorite spaghetti-sauce recipe and splatter the screen with reckless abandon. Once dinner's done, just rinse it off in the sink for an easy cleanup.

## GET IN ON THE BUZZ

Gillette Fusion ProGlide  
Styler, \$20

This watertight trimmer and styler gives you the freedom to sculpt your style in the shower or out, and the included adjustable heads for beard and body allow you to achieve virtually any look you can think of.

## TAKE IT ALL OFF

Harry's, from \$10

Get the perfect clean-shaven look with this supersimple razor from Harry's, the brainchild of co-founder of eyewear brand Warby Parker. With no batteries, bells, or whistles, these razors are built with just one thing in mind: to deliver a classic shave at a reasonable price.



## SMUGGLER'S CHOICE

Victorinox Passport  
Travel Blazer, \$295

You could be one of those guys sitting in economy wearing an old sweatshirt. But if you intend to ride business class, this is the essential piece of clothing. Wrinkle-resistant, lightweight, and covered with pockets for stashing your passport, boarding passes, and flight attendants' phone numbers, a travel blazer lets you hop right from the plane to a meeting looking first-class.



## THE ULTIMATE GUITAR PICK

PRS SE Custom 24, \$1,092

Playing guitar isn't hard: Learn three chords and you can bang out most of the Ramones' oeuvre. But rock 'n' roll isn't just about the sound (see: the Ramones), which is why the Paul Reed Smith SE Custom 24 looks as stunning as it sounds. Featuring a gorgeous 24-fret maple neck and a solid body crafted from mahogany and rosewood with built-in HFS treble and Vintage bass pickups, this guitar delivers picture-perfect performance. And if you can actually play, even better! The smooth response handles complex riffs like a boss, and the PRS tremolo can dive-bomb without slipping out of tune.

**YOU DON'T HAVE TO  
BE A GUITAR HERO  
TO LIVE LIKE ONE.**





## THE PLUSH LIFE

Le Corbusier LC3 Grand  
Modele Armchair with  
Down Cushions, \$4,500

You're the king of your castle, so it's only natural that you have a throne worthy of royalty. A modern take on the club chair, the LC3 Grand Modele was designed with its frame on the outside rather than the interior, resulting in what Corbusier himself liked to call a "cushion basket." This standout piece of furniture keeps it minimalist, allowing you to display your superior taste without flaunting it. Sink in and stay awhile; we guarantee it'll feel like heaven.

## GETAWAY BAG

Coach New Bleeker  
Canvas Cabin Bag, \$698

The number one rule of summer houseguesting: Make sure your luggage doesn't scare your hosts. Nothing too ratty, because you're a neat and respectful visitor. Nothing too big, because you're not overstaying your welcome. And nothing too small, because you don't want to be the guy borrowing razors and underwear. This Coach duffel fits the bill perfectly. Made of durable canvas with a leather trim, it's both modern and classic at the same time.





**LEADING THE PACK  
—ON THE COURSE  
OR IN LIFE—  
MEANS HAVING  
THE RIGHT TOOL  
AND KNOWING  
HOW TO USE IT.**



#### **FOR THE LONG RUN**

Adidas Firebird Track  
Tnp. \$68

The blurring of the line between gym wear and street wear continues, as this classic Adidas track jacket proves. It's been around a long time, but it's never been as trendy as it is now. The iconic black-with-white-stripes combo is instantly recognizable and versatile enough for everything from an early-morning jog to lunch with friends.

#### **THE ACE OF CLUBS**

TaylorMade R1 Driver,  
\$400

The golf course is as much for business as it is for sport—what do your clubs say about you? The final chapter in our quest for all-in-one perfection, this driver has four-degree loft adjustability, so you can dial in your game on the fly. Plus, face-angle and shot-shape weight adjustments give you 168 ways to make every hole a done deal.

What are the 9 grooming products every guy needs? Find out at [mensfitness.com/grooming-products](http://mensfitness.com/grooming-products).



## STAND ON WATER

Boardworks Raven 12'6" Standup Paddleboard, \$1,500  
Tough goes elegant in the light, tight, and durable Boardworks Raven Standup Paddleboard (SUP). We were drawn to this all-purpose SUP for its beautifully veneered bamboo painted with eye-catching graphics inspired by Northwest Native American art. Every Boardworks TEC-V board consists of a dual-density core, ever-tough fiberglass, and premium epoxy resins that handle touring, fitness, and recreational racing without flinching.







**Indulge.**  
The mood-lifting  
omega-3s in caviar  
affect women  
more than us.  
Give her what  
she needs—and  
she might do the  
same for you.





# Play with Fire

Satisfy her needs in a different room of the house: **the kitchen**

By Lindsay Funston

Photographs by Donna Trope



SPINACH AND  
KALE SUPPLY THE  
IRON HER BODY  
CRAVES AND  
THE VITAMIN C  
SHE NEEDS TO  
ABSORB IT.





## You know how to fuel your own body.

You prowl the grocery store and restaurant menus like a predator, stalking a herd of nutrients that will keep your muscles growing, your metabolism revving, your energy in high gear. You're the python of protein, the mountain lion of minerals, the, uh, anteater of antioxidants. You know everything you need to stock your kitchen cupboard with the perfect foods that a man needs to be a man.

Then she comes home with you. And suddenly, whey protein shakes and a bean burrito won't cut it. Any man who's loved a woman knows that satisfying her cravings in the kitchen takes the same degree of skill, the same level of selflessness as satisfying her cravings in the bedroom. And if she's even half as interested in health and fitness as you are, you'll score extra points for knowing what her body needs, and making sure those needs are met.

Fortunately, you don't need a degree in nutrition or a certificate from the

French Culinary Institute to do it. All you need is an understanding of the female body, and a few go-to recipes that perfectly fuel it. Bonus: What's good for the goose is good for the gander. Exploring new foods on her behalf will only expand your own body's consumption of premium nutrients.

### ● CUETHECALCIUM

"Whatever calcium a woman has in her bone bank when she hits her early 30s is for life, so it's really important for young women to get enough," says Cynthia Sass, R.D., author of *S.A.S. Yourself Slim*. To reach the recommended 1,000mg per day, choose the dairy items most dense with the mineral, such as plain yogurt (a mere half-cup delivers 415mg), part-skim mozzarella (1.5 oz delivers 333mg), and cheddar (1.5 oz for 307mg). But don't stop at dairy: Other top sources include tofu and kale. And, of course, calcium plays a major role in building muscle and keeping body fat in check.

### ● GO MEGA WITH OMEGA-3s

What aren't these fatty acids good for? Research shows they play a crucial role in boosting brain health, reducing inflammation, and preventing chronic diseases, such as cancer and arthritis, says Rachel Meltzer Warren, R.D., owner of RMW Nutrition in New York City. Not getting an ample supply from fatty fish like salmon, sardines, and halibut—which the body absorbs more easily than plant-based sources—can increase a woman's chances of depression. While men and women process serotonin similarly, one 2007 study published in the journal *Biological Psychiatry* revealed that when women experience a reduction in the neurotransmitter, their mood dramatically drops in comparison with men. (Need we point out the consequences for you?) Wild salmon, in particular, also contains the fatty acid DHA, which is essential for a healthy pregnancy (if you're ready for that step).

### ● PASS THE SALT

Turns out 20- and 30-something women take in the lowest levels of iodine, a trace mineral necessary for producing thyroid hormones, which help regulate metabolism. But this doesn't mean you should dial up the salty snacks: "Interestingly, a lot of the iodine we get comes from salt, but most of the salt we get comes from processed foods, which aren't even made with iodized salt," Warren says. Beyond seasoning meals with table salt in moderation, also go for yogurt (it packs in the most, with 87mcg per cup) eggs, shellfish (scallops and shrimp), and strawberries.

### ● IRON OUT YOUR DIFFERENCES

In general, women lack iron—which wears many hats in cell function, from carrying oxygen in the blood to helping our muscles store and use oxygen—because, well, they lose it in their blood during that time of the month. With a low iron reserve, the most common nutritional deficiency in the country, you're at risk for anemia. "If you're not cooking for a vegetarian, your best bet is animal foods, like red meat, poultry, and fish," Warren recommends. "It's absorbed

## PANTRY DROPPERS

A Perfect-10 Shopping List for Men Who Love Women Who Love Food

### LENTILS

This member of the legume family has an all-star nutrition profile—one cup provides nearly 40% of a woman's daily iron needs. Make a cold salad by tossing them with olive oil, lemon juice, and chives.

### PLAIN YOGURT

Don't waste time with the extra calories and added sugars that come with fruit-flavored varieties. Dollop it on top of tacos in place of sour cream, or serve with roasted peaches for a classy, no-guilt dessert.

### WILD SALMON

Skip the farmed stuff for an increased amount of omega-3 fatty acids. Rub fillets with chopped rosemary, top with sliced lemon, season with salt and pepper, and bake until opaque.

### TOFU

Check the label to make sure you buy tofu that has been processed with calcium sulfate or nagi. Use the soybean curd to bulk up a vegetable stir-fry, or puree the smooth, silken kind into fruit smoothies.



# "If you're splitting a meal 50/50 with your girlfriend, you're putting her over budget," says Cynthia Sass, R.D. Women store more body fat than men and require fewer calories.

up to three times more efficiently than plant-based sources like spinach and black beans. If you do prep a non-animal source, pairing it with a vitamin C-rich food will enhance iron absorption.

## ● TAKE IT OUTSIDE

"Vitamin D, which your skin produces when you're exposed to sunlight, plays a pivotal role in bone health, just like calcium," Warren says. According to a 2012 Centers for Disease Control and Prevention (CDC) report, both men and women are deficient in the vitamin, but since women face a higher risk of osteoporosis, it's more essential for them to count their daily IU intake; 600 is recommended. Dining alfresco to soak in the rays is a good start. For foods, go for salmon (a 4 oz salmon fillet exceeds nearly twice the recommended daily amount), sardines (3 oz deliver 175 IUs), or fortified beverages like almond and soy milk. Plus, research from the University of California, San Diego, suggests that the vitamin may help ward off breast and ovarian cancers.

## ● "DOES THIS CHOLESTEROL MAKE ME LOOK FAT?"

"You can have high cholesterol when you're only 20 years old," warns Sass, who says the average woman should eat far less saturated fat (linked to cholesterol and heart disease) than her male counterpart. "A maximum of 10% of your daily calories should be from this," she says, "so for the average woman that's only 17g a day, which tallies up fast. A man could be allowed almost 10 more grams." When choosing ground meat, reach for the 99% lean option (turkey has just 1g saturated fat per ounce) and always sauté vegetables with extra-virgin olive oil instead of butter, which saves you 5g per tablespoon.

## ● FIXATE ON FOLATE

Contrary to what most women think, you don't have to be trying to get pregnant for it to be a good idea to monitor folate intake; it's smart for females to consume plentiful amounts of the B vitamin on a regular basis. "Folate prevents pregnancy complications that can occur early, like before most women even know they're carrying," Warren says. "But it also plays a role in creating new red blood and skin cells." Research from the University of Ulster in Ireland also hints that foods rich in folic acid could protect against heart disease—the number one killer of women—and strokes. Beans are

your best bet: One cup of cooked lentils provides 7mg, almost 40% of the recommended daily value, and pintos and chickpeas follow suit. Beyond legumes, spinach and collard greens also deliver hefty amounts.

## ● FILL UP ON FIBER

This nutrient helps you to stay full and slash calories, and a recent study that examined the eating habits of 20,000 Swedish residents reveals that it also protects against heart disease, particularly in women. Eating more high-fiber foods also makes women less likely to be diagnosed with irritable bowel syndrome (IBS), a common digestive disorder that affects more women—typically those below age 35—than men. Ditch refined grains (such as white pasta and bread) for whole ones, like brown rice, bulgur, or—your best bet—farro, an ancient grain that packs the most fiber into one serving: 3.5g per half-cup cooked.

## ● DON'T SPLIT IT AND QUIT IT

Women store more body fat than men, so they require fewer daily calories. "Even if a man and a woman were the same height, the man would still be able to take in more calories because he has more muscle mass," Sass explains, "and muscle mass requires more calories." If you're cooking a whole-grain pasta dish, a woman's portion should be only half a cup—maybe one cup if she's really active—while a man can afford up to two cups; for protein, three ounces (about the size of an iPhone) is sufficient for her, while you need at least double that.



**C**ooking for a woman can be a daunting experience, and even more so if she doesn't eat any of your staple dishes. More and more women are showing up at your door gluten-free, dairy-free, meat-free—and hungry. What do you do? The good news is that, assuming she doesn't have too many cats, a woman who's gluten-free, vegan, or both is probably a woman who cares about how she looks and feels. It's a good sign. Here's how to show her you care, too.

## SARDINES

These small fish are nutritional gold mines of omega-3s, calcium, and a slew of other vitamins, including heart-healthy B12. Mash some in a bowl with lemon juice, Dijon mustard, and chopped herbs like parsley and basil, then serve over lettuce.

## KALE

The dark leafy green is chock-full of calcium and vitamin K (another important bone builder). More and more, it's being prepped raw in salads: Use your hands to massage it with olive oil, then top with diced avocado and shaved Parmesan.

## STEAK

Ask the butcher for top sirloin, which qualifies as extra lean because it contains only 5g of total fat and 2g of saturated fat per 3.5 oz serving. Make it stretch by searing it on the grill and serving it sliced over a bed of spinach with crumbled blue cheese and a drizzle of balsamic vinegar.

## EGGS

Just one hits 18% of the recommended daily value of iodine, which women severely lack. Serve it poached (oh, it's easy—just pour a cracked egg into simmering water and cook until the white is just set and the yolk is still loose, about five minutes) atop a flatbread or greensalad.

## FARRO

This ancient grain has become a favorite of restaurant chefs for its nutty flavor and stellar health benefits. Mix with halved cherry tomatoes and basil pesto for a picnic-friendly lunch.

## GROUND TURKEY

Pick the leanest you can find. Brown it, season it with cayenne, cumin, and oregano, and add it to scrambled eggs or tacos.

## YOUR NO-FAIL, GO-TO, THREE-COURSE, GLUTEN-FREE, VEGAN, DATE-NIGHT MENU

Chef Jason Roberts of ABC's *The Chew* helps you dish up for the lowest common denominator

### FIRST COURSE Asparagus and White Peach Salad Serves 2

White peaches are one of the most sensual fruits on the planet. They lend themselves nicely to a salad of cooked asparagus dressed lightly with hazelnut oil and lime juice.

The undeniable sophistication of the unique flavors in this dish—or even the texture alone—is well worth a second helping. Not overly filling but loaded with goodness from Mother Nature's garden, this starter is a guaranteed date pleaser.

Continued on page 158



**A POWERFUL  
ANTIOXIDANT  
IN WATERMELON  
MAY SLOW HER  
AGING PROCESS.**







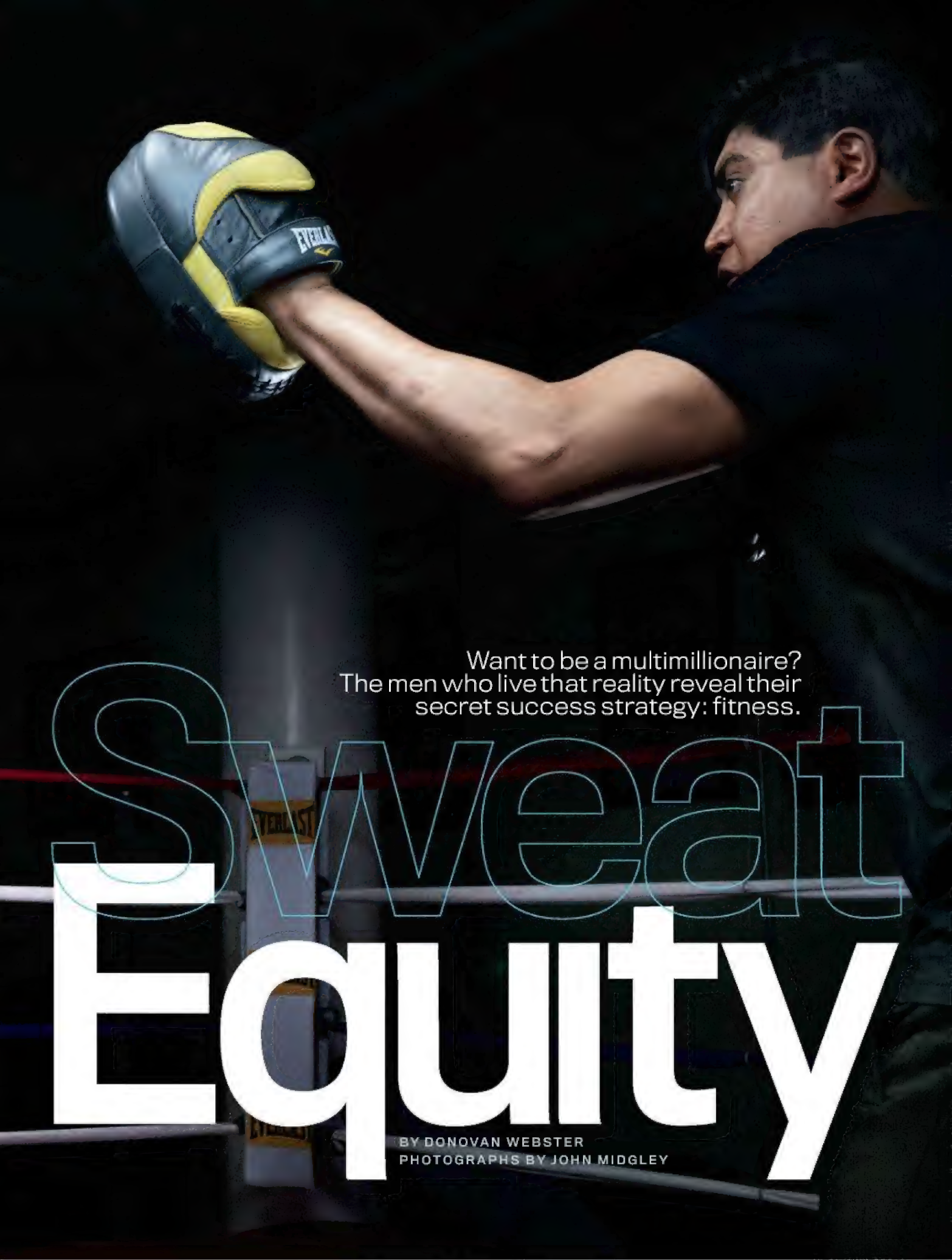
**STRAUSS ZELNICK**

The CEO of Take-Two Interactive (*Grand Theft Auto V*, *Borderlands 2*) always makes time for uppercuts and left hooks.

SHORTS: **UNIQLO**

WANT IT? SEE PAGE 161





Want to be a multimillionaire?  
The men who live that reality reveal their  
secret success strategy: fitness.

# Sweat Equity

BY DONOVAN WEBSTER  
PHOTOGRAPHS BY JOHN MIDGLEY



# E

ach morning at roughly 6 a.m., Strauss Zelnick is up and getting ready for what the coming day will bring. He might face any number of tasks: meeting with corporate boards, traveling by private jet, overseeing his real estate investments, making creative decisions about media initiatives, or simply tending to his young family. Only one thing about the coming day is certain: Zelnick will find time to exercise.

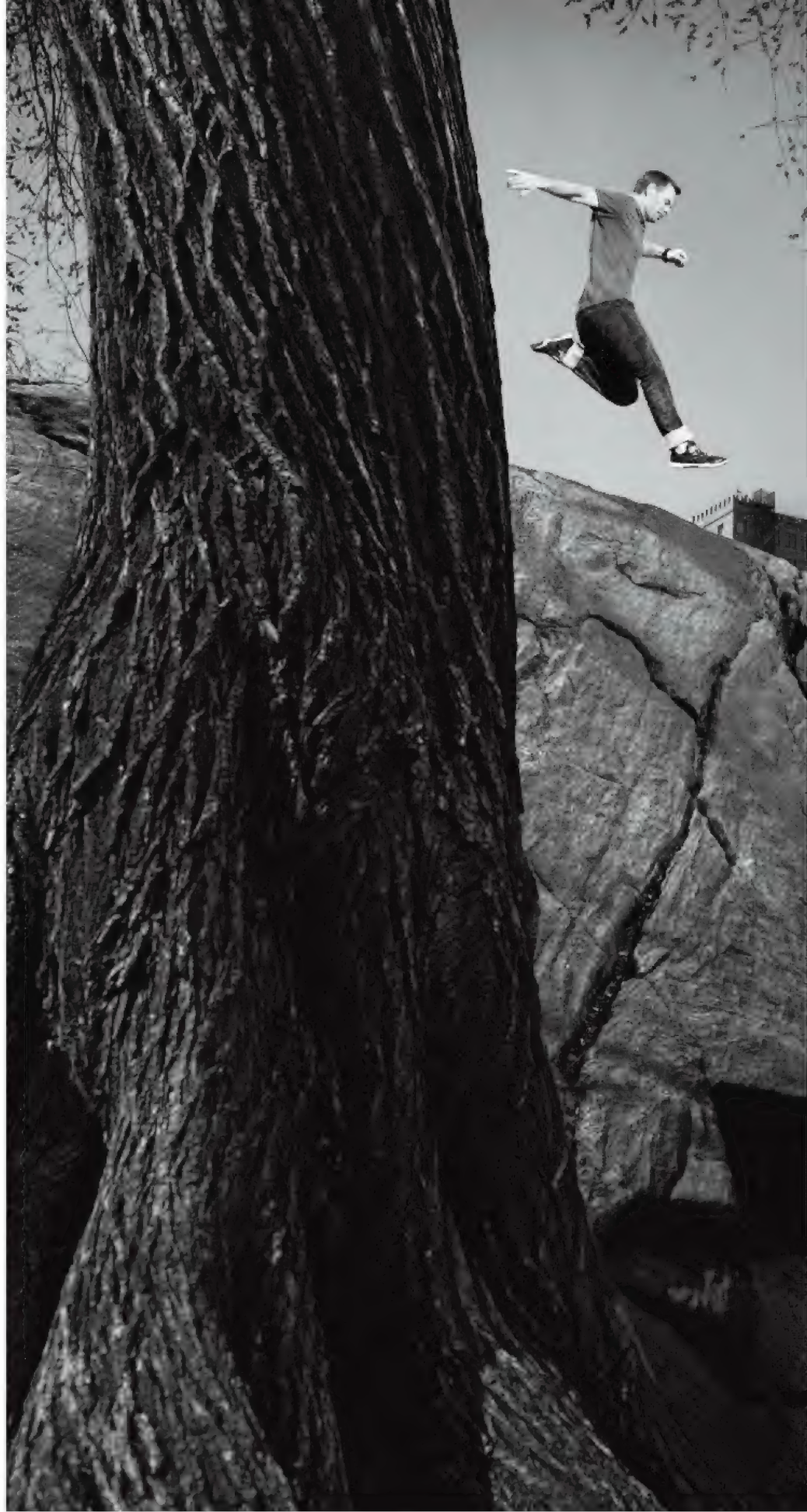
Some days he goes for a run. Others, he lifts weights or maybe does some core training. "It all depends on the day," Zelnick says, with a shrug in his voice. "The idea is to get moving."

Getting moving has never really been a problem for Zelnick, the former president of 20th Century Fox and, later, BMG Entertainment. "I always knew, from when I was young, that I wanted to run a movie studio," he says. "If you say as an adult that you want to run a movie studio, it makes some degree of sense. But as a 5-year-old, it sounds a little insane."

"My father was a lawyer in Boston," says Zelnick. "I knew no one in Hollywood. I had no connections whatsoever. But I knew what I wanted. It was all about working—and making things happen. Welcome to the movie business."

After seven years in Hollywood, and having reached his initial goal, Zelnick headed for broader pastures. Through his company, Take-Two Interactive, he unleashed the smash-hit video games *Grand Theft Auto IV* and *BioShock* on the world. Today, he also runs ZelnickMedia, a diversified digital media company with interests in everything from mobile software and services to television. He sets his own hours, and—so far as can be seen—answers to no one. Other than his wife, of course.

An avid cyclist, skier, and boxer, Zelnick often indulges in twice-a-day training





**JOE DESENA**

For the Spartan Race co-founder, staying functionally fit year-round is part of the business.

**"You have only one body and one life.  
And you should use it."**

T-SHIRT AND SNEAKERS: REEBOK; PANTS: GUESS; WATCH: JORG GRAY




**WES MOORE**

Host of the Oprah Winfrey Network show *Beyond Belief*, Moore says, "[Exercise] is a helpful time-management tool."







**"Exercise brings me focus. It builds a form of confidence."**

T-SHIRT: **IZOD**; SHORTS: **H&M**; WATCH: **CITIZEN**

sessions, one in the early morning—usually private—and another in the afternoon, the latter often involving his “fitness posse,” a group of like-minded business executives, fellow powerbrokers, and even his own sons. At 55 years old, Zelnick is in great shape for his age. For any age, really. On top of that, business is thriving, and by all accounts he seems happy. He’s firing on all eight cylinders.

“All I know is this: The factor that most correlates with success in business is knowing what you want,” Zelnick says, “and then, of course, capability comes in. Don’t make the pool of what you want too big. Keep your interests reined in. Family. Business. Health. Then, once you identify what you want, it gets easier. When you know what your goals are, attaining them becomes easier.”

SOMETIME IN THE LATE 1980S, SOMETHING happened to the most successful of America’s businessmen: They realized that the most prosperous and competitive among them were also the most fit. Not that there hasn’t always been a cell inside American business fixated on health. Henry Ford, for instance, was storied to be a nutritional nazi. Legend has it that when interviewing a job applicant, Ford would immediately eliminate the candidate if he salted his food before tasting it. Cereal magnate John Harvey Kellogg built an institute in Michigan to promote healthy living. But, just as often, if not more so, bigwigs were rotund men fixated on the business at hand who didn’t mind carrying around a few extra pounds. It made them appear to possess gravitas—or so they liked to believe.

Then, fitness and success got linked up. Despite the fact that Jim “the Running Doctor” Fixx died decades ago and Keith Richards is still vertical, titans have continued to discover a connection between enhanced health and their success in business. Even the once-pale and doughy Bill Gates is in good shape today, as is the squash-playing founder of Boston Scientific, John Abele. Ted Turner regularly works out (he’s said to have a treadmill tucked behind a wall in his office) and scrupulously watches his diet and alcohol use. “You have to exercise—you know, look out for your health,” Turner says.

“There are unexpected benefits to pursuing a life of fitness,” explains Duncan Simpson, Ph.D., a Florida-based sports psychologist. “In fitness, much like in business, there are pushes for personal achievement that often make you goal-oriented. There’s also a quest to push yourself to the limit—you come to understand what’s possible and what isn’t.”



**“The factor that most correlates with success in business is knowing what you want. Family. Business. Health.”**

To Simpson, the two—fitness and business success—have now, to a degree, intertwined. Like yin and yang, they feed off each other. “You become focused,” he says. “This translates into skills that maximize the effort. Preparation skills. Problem solving. With exercise and business success, it’s the same. It’s neither the chicken nor the egg.”

Simpson would know. He’s gotten inside the heads of everyone from pro golfers and tennis players to CEOs, and he’s come to know his way around. “The benefit we’ve seen in our research,” he says, “is that, whether you’re an elite athlete or a highly placed corporate leader, a workout gives you a break from the day-to-day, nine-to-five of being who you are. And you come to look forward to that.” The result is that you go back to your workday more focused and creative than you would without the workout.

PERHAPS NO ONE UNDERSTANDS THIS BETTER THAN JOE DESENA. NOW A resident of Vermont, DeSena grew up in Queens, NY.

“I started with a swimming pool-cleaning business when I was 13,” he says. “All the neighborhood kids worked for me. It’s a metaphor for all business. You load up the truck and you go. You work. You get paid. After I sold the business, that became the model. By 2005, I’d done it several

more times. That year I bought a 160-acre farm in Vermont and moved my family there.”

Along the way, DeSena also found time to graduate from Cornell. Today, he lives—and trains—on the Vermont farm with his wife and four children. He’s a hard-core runner, swimmer, and CrossFit devotee. He’s even brought in a kung-fu trainer to live on the farm and teach his children martial arts. Want to talk discipline? DeSena’s kids are allowed to watch television shows only in Mandarin Chinese. “I want to prepare them for the world,” he says. “I don’t want their lives to be that easy. They’re capable of anything.”

At 44, DeSena is still ferocious. Among his other interests, he is the co-founder of the Spartan Death Race, part of the Spartan Race series, perhaps the world’s most demanding physical test. In it, competitors have to crawl through mud beneath barbed wire, run sprints, chop wood, and perform other physically demanding tasks. The 40-mile course requires about 24-plus hours to complete, making an Ironman triathlon look like a kids’ game. Usually, only about 15% of contestants finish the competition.

“What I like about it is seeing just what a human body can do,” he says. “You know once it’s pointed toward the finish line.”

DeSena uses his fitness philosophy to inform all corners of his life. “I



**MICHAEL STRAHAN**

Analyst, Fox NFL Sunday; co-host, *Liveline with Kelly & Michael*

“We’re our own worst enemies. You doubt yourself more than anybody ever will. If you can get past that, you can be successful.”

## Go for the Juggler

Successful men reveal how they juggle work and workouts

**Mark Wahlberg**  
Actor, producer, entrepreneur

“I go to bed early and get up at 4 a.m. to train. Then I eat, take my supplements, spend some time on my lines, and get to work.”

**Ryan Seacrest**  
Television and radio host, producer

“I schedule workouts like they’re meetings, and make sure they don’t get canceled. I make a deliberate plan to fit a workout in my schedule each day.”

**Jeff Glor**  
Anchor, CBS Evening News Sunday Edition

“I don’t always get to the gym, or even pack workout clothes if I’m covering breaking news, so I do a lot of workouts in hotel rooms.”

**Robert Downey Jr.**  
Actor

“Discipline is doing what you say you’re gonna do and not doing what you say you’re not gonna do. If you make an appointment, you’re letting that person down if you don’t show. I put myself in a situation where it would be shameful not to show up.”

**Jim Larranaga**  
Head coach, University of Miami basketball

“I stay in my routines and focus on the present and on our next opponent. I work out at 7 a.m. five days a week before work. Then I add workouts at 2 p.m. two or three days a week.”

**Cory Booker**  
Mayor, Newark, NJ; 2013 senatorial candidate

“When I fail to work out, my ability to be effective professionally and personally suffers. So I work out. Because we’re called to great service, not great suffering.”





Zelnick



Moore



DeSena

ZELNICK T-SHIRT: UNIQLO; MOORE T-SHIRT: IZOD; WATCH: CITIZEN; DESENA T-SHIRT AND SNEAKERS: REEBOK; PANTS: GUESS; WATCH: JORG GRAY

guess it started with the movie *Pumping Iron*,” he says. “That’s when I realized: You can do anything once you’ve set your mind to it. I still do business and things. And when I do, I often put a new person I’m negotiating with through a little ‘Death Race’ of their own. I make them uncomfortable. I ask the really hard questions—just to see what they have in them. My goal is to take slightly passive people and put them to work. It’s fun to watch people grow.”

“Here’s the thing,” he adds, after an uncharacteristically long pause. “You have only one body and one life. And you should use it. My dad was a straight businessman. But he found that documents and fast-food didn’t do it. His body fell apart. I don’t want that. You have only the one body. And you live in it.”

TO WES MOORE, “EXERCISE IS AS IMPORTANT AS BREAKFAST.” A former Captain with the 82nd Airborne in Iraq and Afghanistan, Moore is now an author, speaker, and host of the Oprah Winfrey Network (OWN) show *Beyond Belief*. He also has several business interests in his hometown of Baltimore. His book *The Other Wes Moore*, about a man who shares his name but is spending his life in prison, was a *New York Times* best-seller. Asked how he does it all, he says, “Well, let’s say I get by on very little sleep.”

Genial and funny, once Moore slows down, he has a more contemplative side—especially for a combat paratrooper. In his free time, when not working, speaking, or TV hosting, the 34-year-old trains like an athlete—running, boxing, and hitting the weights. “Each person is in charge of his or her own body,” he says. “One of the things I like about exercise is that you can do anything. I even like hiking...I played high school and college sports [he attended Valley Forge Military College and Johns Hopkins University before becoming a Rhodes Scholar at Oxford]. It’s one of the pillars of my life.”

Moore loves to run with others. “Really, you can get to know someone on a run better than you can on a golf course.” Of course, that’s not all he gets from working out. “If it weren’t for athletic pursuits,” he says, “I wouldn’t have the focus I have. Exercise brings me focus. It builds a form of confidence. From half a mile, to two miles, to a half-marathon, you get confidence, and that translates into other areas of your life.”

For him, daily exercise remains a “helpful time-management tool,” he says. “It helps to dictate the rest of the day.”

When not working or working out, Moore spends time with his wife and their two-year-old. “Whether with family, work, or exercise, it’s all the same,” he says. “Being active in your life is being active.”

BACK TO STRAUSS ZELNICK. THE AFTERNOON IS SOON TO BE UPON US, and there will likely be a “fitness posse” meeting. “I tell you, one of the things I learned as a younger man,” he tells me, “was that you have to

## Crunching: The Numbers

Proof that working out harder is better than just working harder

The ridiculously overcompensated staff at *Men’s Fitness* has known this for years: The more you hit the gym, the more you hit the bank. Now a study in the *Journal of Labor Research* has shown just that. Vasilios Kosteas, Ph.D., of Cleveland State University, the study’s lead author, found that **exercise increases cognitive function and confidence**—both building blocks of financial success. Some eye-opening numbers from the study:

**9.0**

Percentage by which the income of people **who exercised regularly exceeded** that of a person who sat around.

**5.2**

Percentage by which the income of a person who exercises **only one to three times a month exceeds** that of someone sedentary.

**6.0**

Percentage by which a **master’s degree** raises earnings.

**2.2**

Percentage by which a sedentary individual who starts to exercise just **a few times per month** will see his weekly earnings increase.

know what you’re good at. As a younger man, I wanted to be a songwriter or an artist, but I had no aptitude for it. I just wasn’t any good at it. So, after some soul-searching, I put that desire down and became the backroom business guy, which I am good at. It’s the same with sports and training. You’ll do better if you know what you’re good at. Not that you shouldn’t try new things. But you have to be tough and honest with yourself. It makes success easier.”

Zelnick is rolling now. It’s a mix of high-energy business and training philosophy, all bound up in one point of view—and it’s difficult to know where one aspect of his life ends and the other begins. “When you commit to a serious workout program,” he says, “it gives order to your day. It takes you out of the day-in-day-out of your work. You shake it off. And it’s fun.”

You can hear the excitement and anticipation in Zelnick’s voice. “It’s funny,” he says, “it’s gotten [to a point] where I schedule my trainer into my day planner, just as I do with every business meeting.

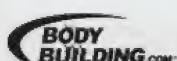
“And in either case, I never miss a meeting.” ■



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# ASK MEN'S FITNESS

Your questions, answered

GO AHEAD  
AND TALK TO  
THAT GIRL AT  
THE GYM,  
BUT WAIT  
UNTIL SHE'S  
DONE WITH  
HER SET.

**I like girls who are fit, but I hear it's bad to hit on women at the gym. I wouldn't mind if a girl hit on me. Is it that bad?**

GARY L., DETROIT, MI

Of course you don't, you're a guy—we don't care where women hit on us! But no, it's not a bad idea...if done right. It's all in the approach. First, don't interrupt. If she's your kind of girl, then she probably takes workouts seriously. Also, be mindful of your behavior when you're not trying to chat her up, and please, don't wait until the end of your workout—that's just cruel.



HELMET: BELL  
WANT IT? SEE PAGE 161

TELLING YOUR CRAZY  
CRASH STORY IN FULL  
DETAIL AT THE BAR IS  
BETTER THAN WAKING  
UP IN A HOSPITAL BED  
WITH NO MEMORY.

**I know you're supposed to wear a helmet when you ride a bicycle, but I use my bike only in the city, and a clunky helmet is enough of an eyesore to make me want to take the subway instead. How important is a helmet, really?**

MATT L., DAYTON, OH

We'll admit that helmets have never really been considered cool. Even pro cyclists often rode with just flimsy caps as substitutes, until the International Cycling Union started requiring helmets for major races in 2003. But, let's face it—accidents happen. While protecting your dome used to mean donning bulky plastic, helmet companies have been melding form and function. Today, there's a huge selection of helmets that are light, breathable, and fit perfectly. (We like the skate-style Bell Faction, pictured above.) At the end of the day, it could be the difference between impressing a girl by dusting off after a gnarly crash and lying there unconscious.



JACKET: COACH

**I've had the same waterproof jacket for years but lately it's been retaining a lot of water. Is there any way to breathe new life into my aging jacket?**

ROB P., SEATTLE, WA

Try washing the jacket using waterproof solution. Nikwax is a good option—use it in the washing machine after clearing it of old detergent. Then, hang the jacket in a warm place, wipe off any excess treatment with a wet cloth, and throw it in the dryer (if the label says it's safe to do so).

**Is sex addiction legit, or is it just an excuse celebrities use to get out of scandals alive? And if it is a real thing, what are some signs?**

BOB C., WASHINGTON, D.C.

It's definitely a real issue for people. Sex addiction is not about the need for an orgasm—it's a tool for escaping from or coping with stress or boredom. Some of the signs are compulsive masturbation, multiple marital affairs, continuous viewing of pornography—essentially any form of consistent sexual behavior.

tell you where the water came from or how it was treated. Check for a symbol from an organization like the International Bottled Water Association (IBWA) to be sure the water has been tested for safety.

**I've thought about trying out a vegetarian diet, but I feel like it will be really hard to maintain the muscle I've worked so hard to put on. Is it possible to do both?**

RICKY M., JACKSONVILLE, FL

The lacto-ovo-vegetarian (LOV) diet is for you. It excludes red meat, fowl, fish, and pork but allows dairy and eggs. Alternate protein sources, like soy, also preserve muscle and deliver beneficial phytonutrients. You may have heard that soy lowers testosterone levels, but research shows that fewer than 60 grams a day fails to have this or any negative effect on male hormones. Soy protein also builds just as much muscle as whey protein.

**Is there really a difference between bottled and tap water, or is it just marketing?**

TOMMY G., NEW YORK, NY

Sure, bottled water is usually more convenient than tap water, but it's not necessarily any safer. The EPA recommends checking the bottle's label to see what you're getting. Label names like glacier or mountain water don't mean a thing. Terms that do have meaning (such as artesian, spring, distilled, and mineral)



Message on a bottle.  
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approved water.

From top: Claire Benedict; Matt Hawthorne



# ONE.MORE.REP LEGENDARY PRE-WORKOUT



Ever wonder how some people just get it and others never seem to put 2 and 2 together? There is always that one big freaky dude that walks through the front door of the gym. Heads to the locker room with his gym bag and then back out in a matter of minutes. Never so much as a word, a wink, or even a damn smile. No warm up, no stretching, not even so much as a stare.

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**My buddies and I are really competitive about who can do the most pullups. Is there a trick for cranking out a few more?**

DAVID C., CHARLOTTE, NC

While it may seem counterintuitive, the key to getting more bang from your back is actually the front of your torso—your chest. Stretching out your pecs before pullups forces them to relax so they'll let your lats do the work. In other words, you'll get an instant shot of additional strength. Rest the thick part of your forearm against the frame of a squat rack or door frame and lean forward so you feel a

stretch in your pec. Hold for 60 seconds then repeat on the other side. Repeat for two or three sets, then knock out your pullups.

**I'm determined to join the Mile-high Club, but I've heard mixed reports. Is it really worth it?**

BRAD P., SCOTTSDALE, AZ

You're not alone in wondering. A Trojan survey found that 33% of men rate an airplane as the No. 1 place they'd like to have sex but haven't yet. And, if you're in a stalling relationship, Amber Madison suggests on [page 44](#) that taking your show on the road (read:

in the air) could seriously refuel your sex drive. A cramped cabin bathroom is no excuse not to try it—at least for now. This March, Boeing announced that it would be making its 737 lavatories even smaller in order to squeeze in a couple of extra seats (what's the deal with airlines, right?), so the clock is ticking! Find a way, or a position, to make airplane sex work, because it'll be well worth the effort. And seriously, how jealous will your friends be? Honestly, we can't think of a better way to de-stress after running the airport-security gantlet.

**Land a date.** Boeing is making its lavatories smaller this year. Better get your Mile-high membership squared away soon.



**I love lobster rolls and I'd like to make my own. I know where I can buy lobsters, but that's where my expertise ends. How do you cook these things?**

LUKE A., NEW YORK, NY

You should definitely buy a live lobster. It'll be cheaper than a precooked one; plus, lobster absorbs flavors better after it's just been cooked. Bring water to a boil in the biggest pot you have, toss the lobster in there, and leave it until it turns bright red and floats to the top. This should take about 13 minutes. Next, transfer the lobster to a large bowl filled with ice water to stop it from cooking. When it cools, use a sharp knife to separate the "arms" (knuckles and claws) and tail from the body. To get the meat out of these pieces, use a shellfish cracker (like the one pictured) or just wrap them in a cloth and smash them on a table—just don't go overboard or you'll end up with shards of shell in the lobster meat. For the tail, cut through the shell lengthwise and the meat will pull out easily.

**LOBSTER ABSORBS MORE FLAVOR RIGHT AFTER COOKING, SO BUY IT LIVE.**



Clockwise from top: 1. Matt Hawthorne; 2. Mike Randolph; 3. James Wojcik/Trunk Archive



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**It's called "hitting the wall" or "bonking."** You've been there. You're working out hard, and then in an instant lactic acidosis kicks in and you're done... no push of will can bring you back. It keeps you from reaching your goals, and it can make the difference between winning and losing. So how do you avoid it?

The single best way to maximize aerobic power during exercise is by increasing the body's capacity to transport oxygen to the mitochondria and use it to make ATP. It's a complex process involving multiple factors, and the total output is numerically quanti-



fied as VO2 max. This measure of oxygen capacity is the tool used to rank the endurance capability of athletes and is related to your ability to make ATP. Indeed, ATP regeneration is the focus of many recovery products. But why wait until after your workout to recover ATP? If you want to work out harder, longer, and bust through "the wall," you need to optimize oxygen during your workout.

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Oxydrene Elite's powerful functional extract (Crenulin-RCC<sup>®</sup>) has been shown in a double-blind, placebo-controlled clinical trial to not only increase exercise endurance when taken one hour before a workout, but to actually optimize systemic oxygen utilization as demonstrated by significantly elevated VO2 max levels compared to placebo.

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**On the basketball court my strengths lie under the rim, but my shooting game needs some work. Okay, it needs a lot of work. Any advice for sinking a three-pointer from downtown?**

DARREN J., INDIANAPOLIS, IN

We can't guarantee you'll be a first-round NBA draft pick (or even your friend's first choice in a pickup game), but knowing the fundamentals and how to consistently aim is the key to finding your rhythm and ultimately raising your shooting percentage from behind the arc. Drew Hanlen, Reebok's Breakout Challenge skills coach, has a few tips to keep in mind when you take aim: "Catch it high and keep it high," he says. "Don't dip the ball below your waist." And remember to pay attention to the position of your feet. "You want your feet and shoulders to be squared to the basket," Hanlen says. "Finish with your elbow in line with your eyebrow, and flick your wrist strongly at the rim. The ball will go where your wrist tells it to go."

## LENNY THE BARBER

OUR TRUSTED BROOKLYN BARBER, LENNY RANALDO, CUTS TO THE CHASE



**MY GIRLFRIEND SAYS SHE WANTS ME TO "MANSCAPE." WHAT SHOULD I DO?**

MITCH R., BOULDER, CO

This is new to me, so I told my nephew to look it up on the Internet. He said he "Googled it." I don't know—in my day, every guy on the block wanted to be like Sean Connery: burly, bold, and covered in chest hair. A man's body hair used to be a badge of honor that stood for adulthood—now I see these young fellas trying to reverse puberty. But I can understand wanting to be clean and neat, and if that's what the girl really wants, have at it! First thing you've got to do is trim down your chest and stomach with a set of clippers, going against

the grain and then snipping any remaining long hairs. You probably don't want to use a razor for this because it'll leave your chest cut and irritated—your lady won't like that. But if I were you, I'd probably pay more attention to my eyebrows, nose hair, and those stray hairs that curl up around your shirt collar. Those are things people you meet will notice more than the hair that's covered up by your clothing. Just don't overdo it. Being hairy is part of what makes you a man.

Lenny Ranaldo has been helping men clean up their lives from his Williamsburg, Brooklyn, barbershop since 1943. Submit your questions to [asklenny@mensfitness.com](mailto:asklenny@mensfitness.com).

**My family loves hot dogs, but I prefer burgers. What's the best way to flip them over to my side of the debate?**

JUSTIN K., LOUISVILLE, KY



We have a couple of ideas (like the lamb burger on page 38), but if you're just talking about beef, there are ways to elevate your grill game. "Make your patty with a mixture of freshly ground brisket and short rib," says the Food Network's Guy Fieri. "The combo of meat and fat flavors is incredible. You can also stuff your burger patty with mushrooms, onions, or cheese for a new twist." However, sometimes less is more. "I season my burgers with kosher salt and freshly ground black pepper, and that's it," Iron Chef Bobby Flay tells us. "I never mix spices, herbs, or condiments into the meat."

Clockwise from top: Matt Hawthorne; Bala Borzadi/Trunk Archive; Portrait: Jimmy Fontaine



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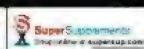
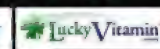
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I've been dating my girlfriend for a year now and we're finally going on a tropical vacation together. I've got very sensitive skin and I want to avoid becoming an angry lobster after just one day on the beach. What's my first line of defense here?

SAM C., JACKSON, TN

You'll want to apply some sunscreen to your thin skin. Sunscreens that are less than SPF 15 are no longer considered a good preventive measure against skin cancer. Instead, go for a broad-spectrum SPF 30 to guard against harmful UVA and UVB rays. Going above SPF 30 isn't really worth it: A study from the Skin Cancer Foundation found SPF 30 will block up to 97% of UVB rays, while SPF 50 blocks only 1% more. Don't get burned by paying more for something you don't need.



Tone it down. Your socks can be flashy. Your shoes, not so much.

## STREET STYLE

FOR WHEN YOU NEED TO GET DRESSED IN A HURRY

**When is it appropriate to wear brightly colored shoes with a suit?**

Never. Wear brightly colored socks instead.

**What do I wear if I don't want to wear sneakers?** Go old-school. Brown Sperry Top-Siders are cool again.

**What suit can I buy that will last and not break the bank?** The Ludlow suit from J.Crew is the best value out there.

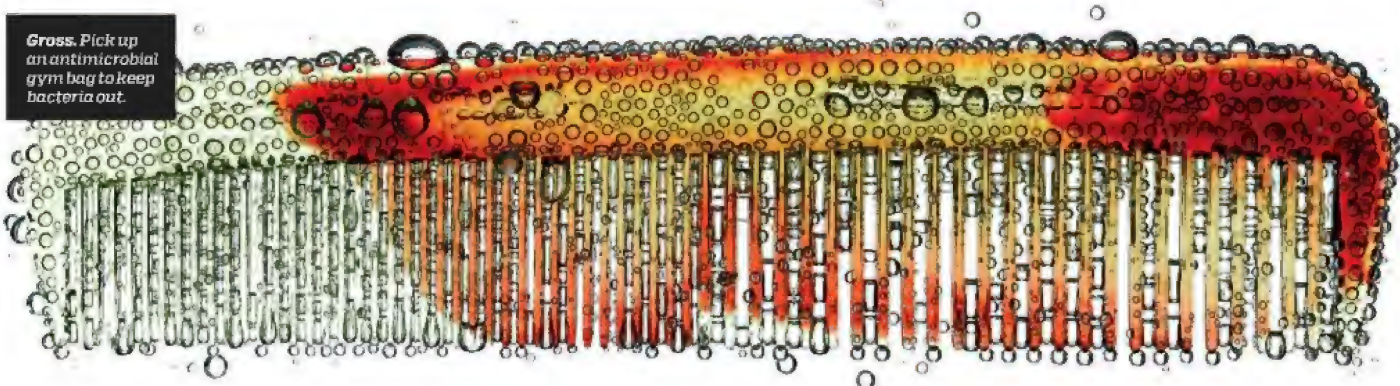
**My girl gave me a scarf. I've tried to wear it, but I look like a freak. What should I do?** Scarves are tough. Lose it, but keep the girlfriend.

**I use one gym bag heavily during the week. I don't even bother taking out my toiletries and sneakers anymore. Is there a health risk here?**

RUSSELL N., WICHITA, KS

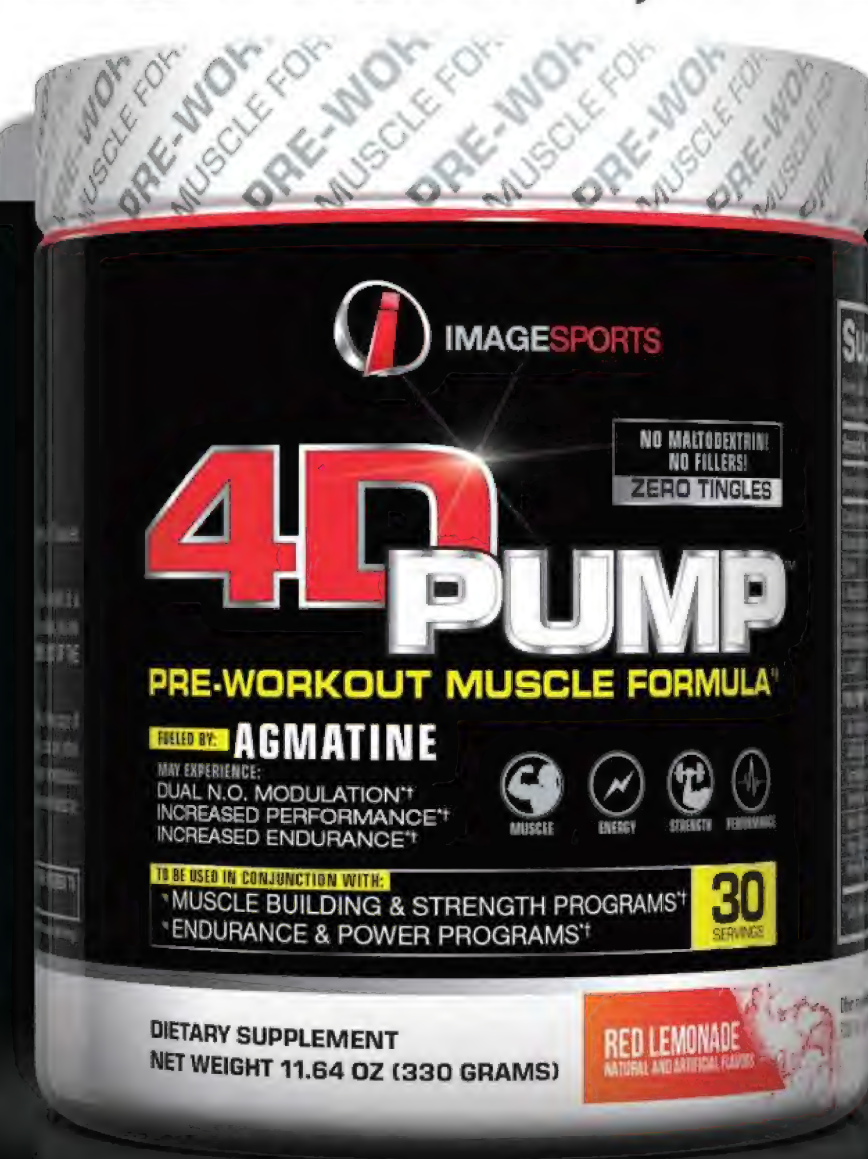
The inside of your gym bag is a breeding ground for bacteria, and the outside is even worse. "Ninety percent of gym bags have fecal bacteria on the bottom," says Coverall Health-Based Cleaning System's Diane Emo. Wash your workout gear in hot water—wipe down toiletries like razors and combs—and ditch your old duffel for an antimicrobial bag.

Gross. Pick up an antimicrobial gym bag to keep bacteria out.





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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.





**It's been 10 years since I quit the high school track team and now I've decided to start running again. I quit freshman year, so I don't remember a thing, let alone what kind of shoes to look for in today's market. What's the best way to pick a running shoe?**

STEVE P., PORTLAND, OR

Before you pick out shoes you like for their look, research what kind of shoes you actually need. Serious running retailers will be able to put you through a treadmill pronation test and determine your running style. That will help a salesperson pair you with the right shoe. Everyone's feet are different, so before you pick out the most high-tech and expensive kicks, remember: You'll get more for your money if you go in knowing exactly what to look for.

**My son wants to start lifting weights with me, but he's only 14. Is that too young? Is it dangerous?**

RON T., GERMANTOWN, MD

Assuming they're lifting appropriate loads and are supervised, kids can reap similar benefits to adults who train. "The rigors of a typical soccer, football, or baseball game place more of a strain on kids' structures than a well-executed lift does," says Brian Grasso, founder of the International Youth Conditioning Association, a group that certifies trainers to work with children. In fact, running, jumping, and wrestling are significantly more strenuous activities than weight training is, yet these activities are

accepted as normal and safe. Children can generally begin weight training between the ages of 8 and 10, when they're mature enough to take it seriously. Grasso suggests they start with body-weight exercises, but they can also learn lifts with an empty bar or even a broomstick, depending on their strength level. Whatever you do, Grasso warns, don't let your son use machines. Contrary to popular belief, they're not safer than using free weights and won't improve a child's functional strength or athleticism. "Make the number of sets high and the reps low," Grasso says, which will help the kid learn proper form.



**I've got a pretty good drive off the tee (and my golf buddies hate me for it), but they always get their revenge on the green. Any tips for leveling out my game?**

ANDREW J., ALBUQUERQUE, NM

Pros like Adam Scott and Rory McIlroy know that the key to sinking a winning putt is all in your technique. As Martin Laird, winner of the 2011 Arnold Palmer Invitational, told us, "You want a solid stance—shoulder width or wider. Concentrate on not moving your lower half. It should all be done with the arms." As for your grip, imagine that the handle is a tube of toothpaste: You want to hold it loosely enough to keep the toothpaste in the tube but without dropping it. Of course, your long game won't

always get you onto the green, so mastering the chip is key. "Wedges are used around the green from 120 yards [away] and down," says five-time PGA Tour event winner Jesper Parnevik. The goal of the chip is to land the ball on the green with minimal roll. With a more open face and heavier head than a traditional iron, the wedge is the club for the job. You can approach the swing in much the same way you would a drive. "[The chip] is a shorter movement, but the actual posture and swing are very similar to a drive," Parnevik says. Just be honest with yourself. "If you ask [an amateur] how long they hit a 7-iron, they'll say 170, when it's closer to 155," Parnevik says. "Use more club than you think you'll need."



**Kid Conan.** Weight training won't turn your kid into a barbarian.

Clockwise from top left: Matt Hawthorne; Getty Images (2); Danielle Levitt/August Image



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## Ask Men's Fitness

**I'm going to be traveling for a while without access to my regular supplements, but I still plan on working out. Is there a way to recreate the effects of my supps with the regular food in my diet?**

MATT G., SALT LAKE CITY, UT

This is easier than you think. Granted, whole foods can't replace things like the quick-absorbing BCAAs that some pre-workout formulas deliver, but with a holistic approach you can address your core needs while maintaining strength and performance. For example: Salmon is an effective substitute for fish oil supplements and is also a good source of vitamin D. Spinach has the lowest acidity score of any food, and mimics greens supplements' ability to normalize the acid/base balance in our bodies.

**I'm 25 and have been skateboarding for more than a decade. I still love it, but I feel like people at work won't take me seriously if they find out. The bails also sting a bit more these days. Is this something I'm supposed to grow out of?**

MATTHEW R., LOUISVILLE, KY

Some people spend their whole life trying to figure out what makes them happy, so if skateboarding does it for you, we suggest you stick with it—regardless of what it feels like to get nailed in the nuts by a handrail. Tony Hawk said it best when we interviewed him last year: "I have a ton more responsibility in terms of kids and family, and my time is much more spoken for. I really do have to schedule time to skate. Now, when the kids are in school, I tell myself it's time to go skating. And you have to embrace adversity. The setbacks are

actually learning experiences that shouldn't deter you. For instance, breaking my pelvis was definitely a learning experience that I got through. Something like that teaches me that I can persevere." So take Hawk's advice, and remember, at least you're not rollerblading.



**Don't kick it.**  
Skateboarding is not a crime, even if you're an adult.



**I want to take things further, but my girlfriend refuses to talk about her finances. Should I worry?**

CLINT V., NEW YORK, NY

Finding the right spouse is about more than just having someone to replace the toilet paper. Money is one of the greatest problem-causers in relationships (even more than infidelity), yet most people don't investigate their partner's finances. Reassure her that you want to know her financial situation so you can work together to keep both of your credit scores healthy. Suggest a credit site like [myfico.com](http://myfico.com) to get your reports together. Private background checks are offered online, but if you feel you must gather intel behind her back, her FICO score is the least of your worries.

**What's a good pre-workout supplement for aerobic exercise (not lifting) that doesn't force me to consume a bunch of carbs?**

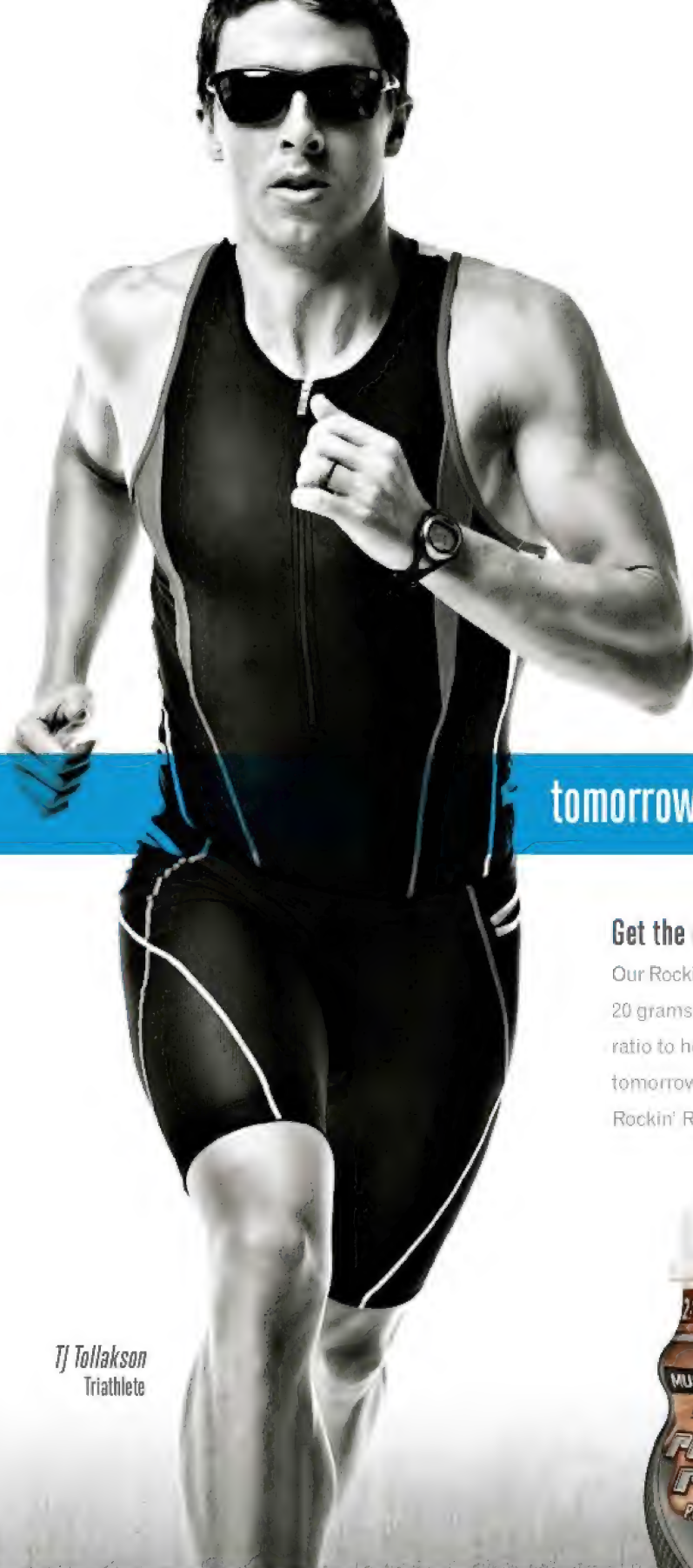
EDWARD M., REDONDO BEACH, CA

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Triathlete

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\*Per Professional Strength serving size (14.2 g)

<sup>1</sup>Poole C, Bushey B, Foster C, Campbell B, Willoughby D, Kreider R, Taylor L, Wilborn C. The effects of a commercially available botanical supplement on strength, body composition, power output, and hormonal profiles in resistance-trained males. *J Int Soc Sports Nutr*. October 2010;7:34.

In this study, the 26 men who trained and took TORABOLIC experienced a 4.9-pound increase in lean body mass compared to a 1-pound increase by the 23 men who trained and took placebo.

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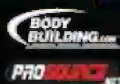
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# THE BODY BOOK

Your better-body blueprint

## DIESEL POWER

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By Sean Hyson,  
C.S.C.S.

VEST: CALVIN KLEIN JEANS  
JEANS: TOMMY HILFINGER

PETER YANG





There are two secrets to building cantaloupe-size shoulders like Vin Diesel's. First, go slow and don't hurt yourself (more on that below). Second, make sure you develop the deltoids evenly, giving the rear head as much love as the front, which you're no doubt already pounding with pressing exercises. In eight weeks, you can correct any imbalance to get your shoulders worthy of a close-up.

**HOW IT WORKS** Because the joints in the shoulder are very mobile, they're more susceptible to injury than other body parts, especially when you're pressing heavy weights. Warming up properly so that the shoulders are pumped and well-prepared

for heavier training to come cuts down your risk of feeling something pop or strain. That's why we want you to follow the warmup we've included before the real lifting begins. It's also why we put traditional meat-and-potatoes muscle-building moves like the military press later in the workouts. Yes, the exercises you do beforehand might fatigue you and limit the weight you can use on these lifts, but you'll make it up in short order as you adapt.

We're also focusing on the rear delts, which you'll hit early on in each session. Because you can't see them in the mirror, the rear delts tend to be forgotten, and their lack of development can result in a lopsided, incomplete look. Prioritizing the delts and pumping them up with plenty of reps will bring them up to Diesel proportions fast.

## DIRECTIONS

The program has two parts (Phase I and Phase II), each lasting four weeks. In both phases, you'll train shoulders only one day per week, so you can complete your other training on separate days (allow a day before and after chest training). Perform the warmup before each workout.

## Warmup

### 1 BAND DISLOCATION

Sets: 3 Reps: 10

Hold a band with hands outside shoulder width, keeping it taut. Raise the band over your head and behind it, keeping your arms straight. Go as far as your shoulders will comfortably allow, but feel the stretch. Rotate your arms forward and back for reps, choking up on the band more as your shoulders loosen up.



### 2 DUMBBELL HALO

Sets: 3 Reps: 8

Hold a dumbbell with both hands and circle your head with it, rotating the weight around, behind, and in front of you.



SHIRT: SUNSPEL TANK; SHORTS: GAP; SNEAKERS: BALLY HIGH TOP

Styling by Seth Howard/EAMGMT; Grooming by Benjamin Tzipan/Artists by Timothy Priano for Recipe for Men.



# ScienceAge

June 20, 2013

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings.

†Ali P. is a member of Team BPI.



## 3 DUMBBELL Y-T-W-I

Sets: 3 Reps: 8 (each direction)

Set a bench to a 45-degree incline and lie on it facedown with a dumbbell in each hand. With thumbs pointing to the ceiling, raise your arms to make a Y shape. Lower them and raise your arms to form a T. Lower again and raise them with bent elbows to make a W. Finally, make an I shape.



## 4 SPIDER CRAWL

Sets: 3 Reps: 3 (up and down)

Wrap a loop band around your wrists and place your hands against a wall with your arms straight. Move your arms apart so there's tension on the band and walk your hands up the wall and then back down. Keep pushing your hands away from each other so you feel your shoulders working. Each trip up and down the wall is one rep.



## 5 BAND PULL APART

Sets: 3 Reps: 10

Hold a band, hands shoulder width and arms extended in front of you. Squeeze your shoulder blades together and move your arms outward as if you were pulling the band apart. Change your grip on each set. You can grasp the band underhand, with palms facing each other, one hand choked up on the band, etc.





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**WORKOUT 1:** Phase I, Weeks 1-4**1 LATERAL-RAISE SWING****Sets: 4 Reps: 30**

Hold a dumbbell in each hand with arms at your sides. Use momentum to swing the weights a few inches away from your sides. The range of motion isn't big (unlike a conventional lateral raise).

**2 INCLINE REAR-LATERAL RAISE****Sets: 2 Reps: 35 (see below)**

Set a bench to a 45-degree incline and lie facedown with a dumbbell in each hand. Raise your arms out to your sides. Perform 20 reps and then quickly switch to dumbbells that are half as heavy. Without rest, perform 10 reps. Halve that weight for 5 final reps.





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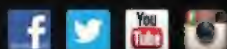
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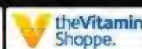
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## 3 BRADFORD PRESS

Sets: 2 Reps: 10

Hold a barbell just outside shoulder width and press it overhead, but do not lock out your elbows. Lower the bar behind your head, but not all the way—keep the tension on your shoulders.



## WORKOUT 2: Phase II, Weeks 5-8



## 1 BENTOVER LATERAL RAISE

Sets: 4 Reps: 15

Hold a dumbbell in each hand and bend over at the hips so your torso is parallel to the floor. Raise the weights out to your sides at a 90-degree angle. Hold the top position for two seconds each rep.



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## 2 MILITARY PRESS

Sets: 4 Reps: 8

Hold a barbell at shoulder height with your forearms perpendicular to the floor. Keeping your core braced, press the bar overhead. Push your head forward as the bar clears your face.



For even more shoulder-building strategies, go to [mensfitness.com/3d-shoulders](http://mensfitness.com/3d-shoulders)

## 3 SHOULDER COMPLEX

Sets: 3 Reps: 10 (each move)

Grasp a light pair of dumbbells and perform the following moves: lateral raise (lift the weights to 90 degrees); upright rows (raise your elbows out to 90 degrees so the weights are chest level); overhead press (lift the weights straight overhead).





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‡Chris M. is a member of Team BPI.



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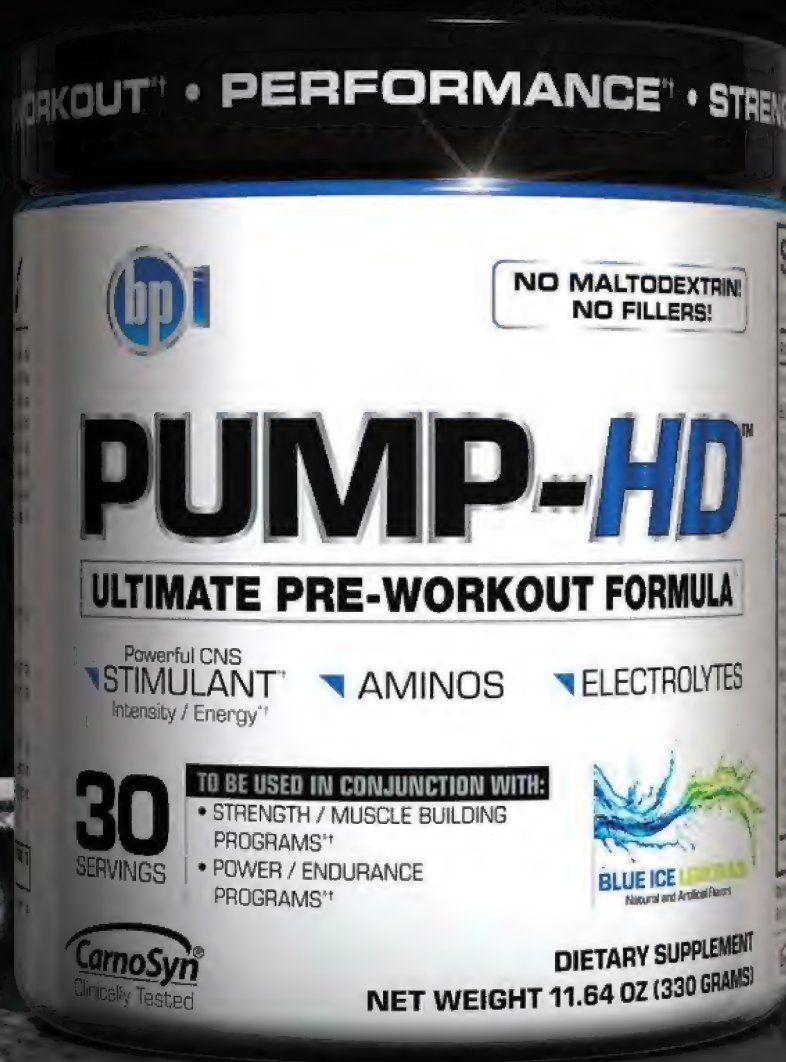


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# 1+1=3

These powerful food combinations are greater than the sum of their nutritional parts By Chris Cander

Photographs by Tom Schierlitz Styling by Brian Preston-Campbell



**Skip the juice.** Most of the phytochemicals in fresh grapes are found in their skin.

Some talents just work better as a team. Joe Montana and Jerry Rice. Karl Malone and John Stockton. They bring out the best in each another. Food can work that way, too. Although researchers tend to isolate foods, nutrients, or phytochemicals and study their effects on health, there's growing interest among nutrition scientists in examining the relationships between them. The foods that follow can do more for your health together than they ever could alone.

## COMBO 1

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Quercetin is a powerful plant-derived antioxidant found in many fruits and vegetables, but it's especially concentrated in onions. It's been shown to help relieve allergy symptoms and offer significant cardiovascular protection by improving circulation—which, by extension, also supports erectile function.

Meanwhile, the polyphenol antioxidant catechin, found in high doses in black grapes, can help prevent cardiovascular disease, cancer, and neurological disorders, and may even help you lose weight.

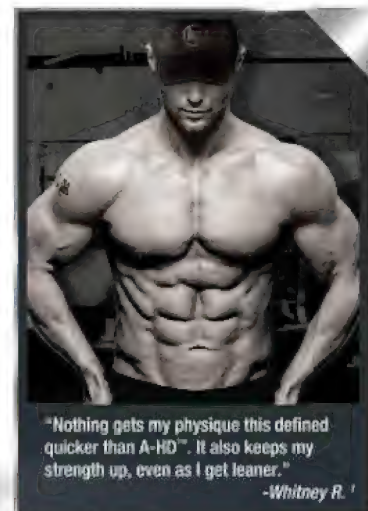
Together, these foods may inhibit blood clots and boost overall heart health. Add sliced red grapes and diced onion to chicken salad, or combine them with a few other healthful ingredients to make chutney as a perfect complement to grilled chicken.



# YOUR GUIDE TO A SHREDDED PHYSIQUE<sup>\*†</sup>



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How do bodybuilders get their physique extra dry where their skin appears thin as paper like it was just painted over the muscles? The secret that all pro bodybuilders know, is you need to first minimize your estrogen levels. Zero to little estrogen leads to a harder, leaner, more dry looking physique. No more of that bloated look. They also know that you need to keep your testosterone levels up to keep muscle fullness and shape. So how are you going to do this? Introducing A-HD™, the ultimate estrogenic modulator and androgenic formula. **A-HD™** may also help to promote Free Testosterone while helping to minimize Estrogens.\*†

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\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.  
† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings.

†Whitney R. is a member of Team BPI.



**C** “Food synergy is when components within or between foods work together in the body for maximum health benefits,” says Elaine Magee, R.D., the author of 25 books, including *Food Synergy*. “By eating foods that have a synergistic effect, you can absorb more nutrients, gain control of your appetite, and lower your risk of cancer, heart disease, stroke, and weight-related diseases like Type 2 diabetes.”

Synergy can occur across different types of foods or even within a food itself, and the tag-team ingredients don't necessarily need to be in the same mouthful, or even the same meal.

**COMBO 2**  
**OATMEAL AND BLUEBERRIES**

**Heart disease, cancer**

Whole grains such as oatmeal house an arsenal of phytochemicals to fight inflammation and disease. “They’re also uniquely rich in the compounds avenanthramides, which help prevent free radicals from damaging LDL cholesterol (oxidized LDL is more likely to encourage plaque buildup in the arteries), thereby reducing the risk of cardiovascular disease,” Magee says.

Blueberries are an excellent source of manganese and vitamins C and K,

and a good source of dietary fiber. They’re also on the American Institute for Cancer Research’s list of Foods that Fight Cancer because of their concentrations of ellagic acid, which laboratory studies have shown may help prevent certain cancers. While oatmeal and blueberries are each powerful on their own, they may work even better together. A study conducted by Tufts University researchers and published in *The Journal of Nutrition* observed that when vitamin C was added to oat phytochemicals, the amount of time LDL was protected from oxidation increased from 137 to 216 minutes.



**COMBO 3**

**GARLIC AND FISH**

**Inflammation, blood pressure, cholesterol**

Fish and seafood are the major sources of long-chain omega-3 fats. They’re also rich in other nutrients (such as vitamin D and selenium), high in protein, and low in saturated fat. The omega-3 fatty acids help lower blood pressure, heart rate, and triglycerides; improve blood-vessel function; and reduce inflammation. The Dietary Guidelines for Americans recommends eating one to two 3 oz servings of fatty fish (salmon, herring, mackerel, anchovies, or sardines) a week.

“Cook your fish with garlic to make an even bigger impact on your blood chemistry,” says Magee. Researchers at the University of Guelph tested the effects of garlic and fish oil supplements, taken alone and together, on men with moderately high blood cholesterol. The combination lowered total cholesterol, LDL cholesterol, and triglycerides.

**GARLIC SMELTS WITH PARSLEY**

**INGREDIENTS**

- 8 large sardines or smelts, cleaned, rinsed, and dried
- Extra-virgin olive oil for brushing on fish
- Salt and black pepper to taste
- ½ tsp minced garlic
- ¼ cup fresh, chopped parsley, for garnish

**DIRECTIONS**

- 1)** Preheat broiler. Lightly brush fish inside and out with extra-virgin olive oil. Season with salt and pepper.
- 2)** Lay fish on a baking sheet without overcrowding—keep them at least an inch

or two apart. Cook for about 2–3 minutes, then turn over and repeat on other side.

**3)** Drizzle with more oil if desired and sprinkle with garlic.

**4)** Garnish with parsley and serve immediately.



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**BROCCOLI, TOMATO & BASIL SAUTÉ**

**INGREDIENTS**

- ½ tbsp extra-virgin olive oil
- 2 cloves garlic, chopped
- 1 head broccoli, cut into bite-size florets
- 1 cup grape tomatoes, sliced
- 1 tbsp basil, chopped
- 1 tbsp Italian parsley, chopped
- Pinch sea salt

**DIRECTIONS**

**1)** Heat olive oil in a skillet over medium heat. Add garlic, sauté for 1 minute, then add broccoli florets. Cook for 2 minutes, stirring frequently.

**2)** Add 2 tbsp water. Cover and steam for 2 minutes (the broccoli should be bright green and the water evaporated). Add the tomatoes, herbs, and salt, and stir for 1 minute. Remove from heat and serve.

**Make a sauce.** Cook tomatoes to increase the bioavailability of lycopene, a cancer-fighting compound.

While raw veggies certainly have plenty of health benefits, cooking makes the cancer-fighting constituents of tomatoes and broccoli more bioavailable (that is, ready for utilization and/or storage in the body).

**COMBO 4**

**TOMATOES AND BROCCOLI**

**Prostate cancer**

These vegetables are each loaded with cancer-fighting compounds: tomatoes, with antioxidants such as lycopene, vitamin C, and vitamin A; and broccoli, with the phytochemicals beta-carotene, indoles, and isothiocyanates. A University of Illinois (UI) study also found that eating them together is like a one-two punch against prostate cancer.

"We see an additive effect. We think it's because the bioactive compounds in each food have different actions on anti-cancer pathways," says UI food science and human nutrition professor John Erdman, Ph.D.

In the study, the tomato and broccoli combination outperformed other diets in slowing the growth of cancer tumors in rats.

So try to add about 1½ cups of broccoli and 3½ cups of cooked tomatoes to your diet at least three times per week. (See recipe at left for Broccoli, Tomato & Basil Sauté.)







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## COMBO 5

### APPLES AND APPLE SKIN

**Asthma, cancer, diabetes, heart disease**

A (whole) apple a day is one of nature's best prescriptions, and a perfect example of synergy within a single food. Apples are a great source of polyphenols, flavonoids, vitamin C, fiber, and potassium; numerous population studies have linked eating apples with a reduced risk of some cancers, cardiovascular disease, asthma, and diabetes.

In lab studies, researchers at Cornell University found that eating apple slush with skin worked five times better to prevent the oxidation of free radicals than apple slush alone. "The phenolic phytochemicals in apple peel account for the majority of the antioxidant and anti-proliferating activity in apples," Magee says.

**Snack.** A 2011 study found that ursolic acid in apple skin may preserve muscle.



**Studies have linked eating apples with a reduced risk of some cancers, cardiovascular disease, asthma, and diabetes.**

### ARUGULA AND QUINOA SALAD WITH ALMONDS

#### INGREDIENTS

- ½ cup quinoa
- 2 peaches, quartered
- 2 tbsp extra-virgin olive oil
- 1 cup arugula
- ½ cup almonds
- Black pepper to taste

#### DIRECTIONS

- 1) Add ½ cup quinoa and 1 cup water to a saucepan over high heat. Bring to a boil, then cover and reduce heat. Allow to simmer for 15 minutes.
- 2) Coat peaches in 1 tbsp olive oil and cook in grill pan over medium-high heat until fruit begins to caramelize.
- 3) Toss quinoa, peaches, arugula, and almonds in a bowl. Drizzle remaining olive oil, sprinkle pepper, and serve.



## COMBO 6

### SALAD GREENS AND ALMONDS

**Cataracts, cancer, heart disease**

Brightly colored vegetables are rich in plant pigments that can reduce your risk of heart disease, cataracts, and cancer. However, they need to be eaten with a small amount of absorption-boosting monounsaturated fat, such as that found in almonds or avocados.

An Ohio State University study measured how well phytochemicals from a mixed green salad were absorbed when eaten with or without 3½ tbsp of avocado. The avocado's fatty acids helped subjects absorb 8.3 times more alpha-carotene, 13.6 times more beta-carotene, and 4.3 times more lutein than those who ate their salads plain.

"This is a great argument against fat-free salad dressings," says Magee, who also suggests adding sliced almonds to salads. "When plant sterols are combined with almonds, the LDL cholesterol-lowering effect is greater than with plant sterols alone."



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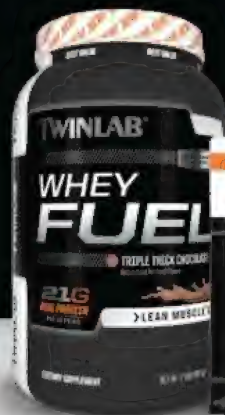
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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



**BROWN RICE AND BEAN BOWL WITH CHILI**

**INGREDIENTS**

- ½ cup brown rice
- ½ can red kidney beans
- 2 tsp olive oil
- Pinch chili powder
- 2 tbsp Italian parsley, chopped
- ½ tsp garlic powder

**DIRECTIONS**

- 1) Cook rice in a saucepan according to package instructions, then transfer to a bowl.
- 2) Put beans into a small bowl and mix with the olive oil, then transfer to the saucepan used to cook the rice. Add seasoning, then cook over medium heat for 5 minutes.
- 2) Mix all ingredients together and serve immediately.


**COMBO 7**

**RED BEANS AND BROWN RICE**

**Cancer, diabetes, heart disease**

Packed with protein, fiber, vitamin B12, magnesium, and potassium, red kidney beans really are a magical “fruit.” Eating beans can help prevent colorectal cancers and heart disease, as well as reduce blood cholesterol and stabilize blood sugar levels. Brown rice, on the other hand, is a whole grain (meaning that both the germ and the bran parts of the grain have been preserved) and is high in magnesium and fiber.

Rice and beans are usually inexpensive and readily available, and, when eaten together, form a complete protein. A protein is “complete” if it contains an adequate proportion of all nine of the essential amino acids (those that can’t be made by our bodies and therefore must be ingested). A cup of red beans with half a cup of brown rice provides 327 calories, 1g of fat, 42.5g of carbohydrates, 18g of fiber, and 18.5g of muscle-building protein.

 Because it’s lower on the glycemic index—a measure of how quickly a food impacts blood glucose levels—brown rice is better than white rice for maintaining stable blood sugar throughout the day, which can help prevent diabetes. Brown rice also contains more fiber than white rice and helps keep your digestive system healthy and regular.



**COMBO 8**

**GREEN TEA AND LEMON**

**Free radicals**

This is a culinary no-brainer, at least south of the Mason-Dixon Line. But while you may know that the taste of tea is improved by a squeeze of lemon, you may not realize that the nutritional benefits are amplified by it as well.

Green tea is high in catechin, which is associated with lower incidences of cancer, cardiovascular disease, high cholesterol, and more. However, catechin breaks down quickly in nonacidic environments such as the intestinal tract, so typically only about 20% of catechin is available for absorption after digestion. However, a study published in *Molecular Nutrition and Food Research* found that adding lemon juice to tea increases the level of antioxidant utilization in the body more than five times.

**Brew better.** Not all tea requires boiling water (212°) to steep. Green tea, for example, will burn and taste bitter. For green tea, heat your water to around 180° for full flavor.



# ThermoDyne™

[r262] 1002 mg

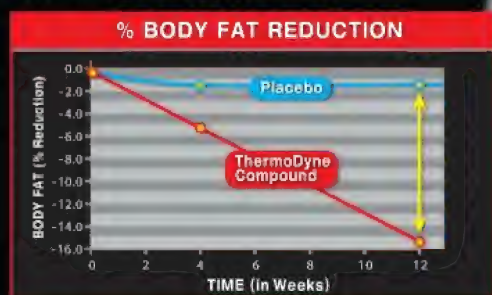
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## The NEW Super-Powerful Fat Burner... Are You Man Enough?

Ever since the FDA banned ephedra from the market, people have been looking for something that could give them the same incredible weight-loss and energy benefits, but without the health risks. Well now it seems that "something" is finally here. It's a body-shredding fat burner designed to help optimize the three phases of fat burning — lipid release, transport and metabolism — to increase your calorie and fat burn so you get ripped at an unbelievable rate.

It's called ThermoDyne™, an extremely powerful High-Yield Stimulant Complex that helps promote thermogenic fat oxidation, burn calories, and increase metabolism.

**Where's the proof?** ThermoDyne's novel, high-potency, anthocyanin- and flavanone-rich complex was tested in a 12-week, double-blind, randomized, placebo-controlled human clinical trial involving 20 overweight volunteers (mean BMI 28.3). The subjects were randomly divided into two groups: an experimental group that received the fat-burning complex in ThermoDyne and a placebo group that received identical-looking capsules of maltodextrin (sugar pills). Subjects were instructed to take one serving in the morning and one with their main meal for a total of two servings per day. During the trial, the subjects were specifically told not to "diet" and maintained their previous eating habits (1500-2000 kcal/day) and daily physical exercise.



**Study Results:** In addition to a truly significant loss of body weight, the study showed that the majority of the weight loss came from fat mass. Not simply body weight, but actual fat mass. The experimental group showed a mean reduction of 15.6% body fat, which was a significant improvement over baseline and over the placebo group.

**One thing is for sure,** this super-powerful fat burner is not for everyone. If you have high blood pressure, diabetes, suffer from any type of psychosis, take MAO inhibitors, or if you are not in overall good health, this new high-potency formulation is definitely not for you. But if you're healthy enough — and man enough — for one of the most powerful fat burners on the market, you need ThermoDyne.

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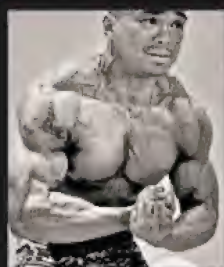
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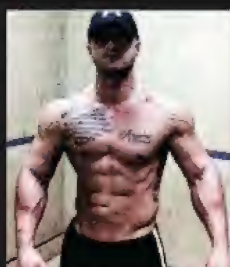
# Bringing Ol' School Back!

Ever wonder why the guys that revolutionized the Concentrated Pre-Workout category, with 1MR™, have now decided to do the same for the Ol' School Muscle Building market? The TRUTH is that the promise of Nitric Oxide, that mythical pump in a bottle, fell short of everything it was hyped-up to be. It fell so short that everyone abandoned their outdated pre-workout pump formulas and joined the mania of super concentrated energy based pre-workouts. It's no wonder they jumped ship considering that most of these "OLD" outdated formulas were flooded with sugars, fillers, and fluff. Every two years these supplement companies re-label the same outdated technology with the promise of it being the "next best thing". They were somehow hoping you would believe their "all new" versions would pick up where their other ones left off. Lucky you (LOL)



"This is my kind of product focused on Pump and Muscle Building... with just the right stim to power through a workout!"

- Marc E.

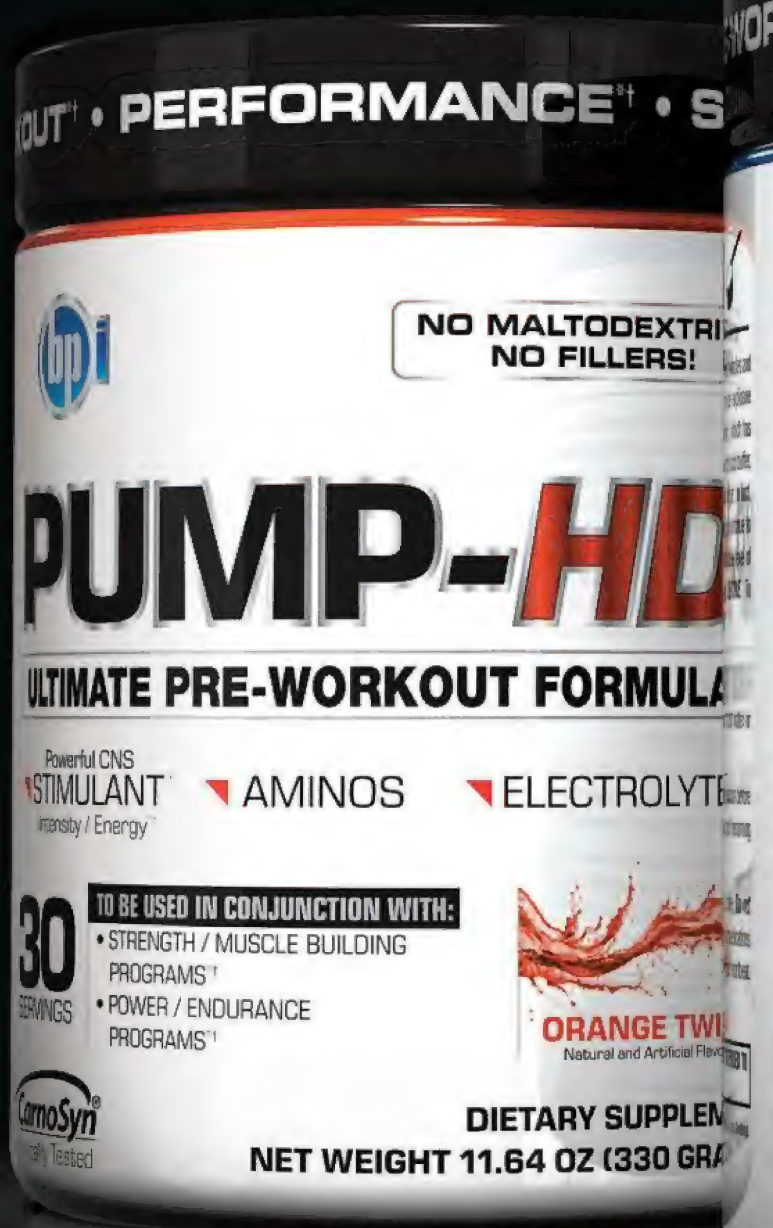


"This was like extreme focus! I could actually feel my muscles pushing against my skin as I worked out. Best feeling you could possibly get in the gym!"

- Ryan S.

## You Want The "Pump"?

Yeah, so do we. However, bottles of flavored maltodextrin won't exactly get you there. Lucky for you the Science and Research Team at BPI SPORTS have developed a True Muscle and Pump Instigating Pre-Workout formula that still has the Energy and Focus kick that you've become accustomed to. PUMP-HD™ is an absolute "Remarkable Innovation".



It combines the best of modern science with an absolutely Unreal Taste, with flavor technologies perfected from the food industry.

## Pump-HD™ is Not Another Concentrate

Look, we ain't knocking the trend that took over the Pre-Workout market. In fact, we helped to create it. So listen up when we say this... PUMP-HD™ is a completely different approach to Pre-Workout supplementation. Pick up a bottle, look at the label and see for yourself.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

†When combined with a proper exercise and nutrition regimen. Based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings.

\*Photos and quotes are of members of Team BPI who received complimentary products in exchange for their testimonials.



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Chris M.<sup>1</sup>

“BIGGER PUMPS AND STRONGER WORKOUTS. ENOUGH SAID.”

Cody C.<sup>1</sup>

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# THE ROCK HARD CHALLENGE

The second and final month of the Rock Hard Challenge workout program leaves you with the physique you've been working for By Steven Stiefel

After following Part 1 of the Rock Hard Challenge for four weeks, it's time to change things up. (If you missed it last issue and want to get on the program now, go to [mensfitness.com/rhc2013](http://mensfitness.com/rhc2013).) It's also time to ramp things up. Part 2 increases the intensity to help you maintain muscle mass while incinerating body fat. In Part 1, you laid the groundwork for a great physique by increasing your work capacity. This month, we're putting that capacity to the test.

During the next four weeks, you'll perform a group of intensity sets in every workout—see the Rock Hard Challenge page at [mensfitness.com](http://mensfitness.com) for definitions of terms we introduced last month. For this phase, we've switched

up the weight-training moves and replaced slower-paced exercises like the stepup with sets of jump rope to speed your heart rate and increase fat burning. In addition, we've added 10 x 10 sets—see the next page for an explanation—a great way to pump your target muscles to help them maintain their size while you're further reducing your calorie intake.

We've also cut down on the number of sets you'll do each workout. Your goal during this phase is to get in the gym five days a week for an hour each session. Shorter, more intense sessions help jack up your metabolic rate, encouraging fat loss. Follow the program, and by Week 8, you'll have the rock-hard body we promised.

## DIRECTIONS

You'll train five days a week, on back-to-back days, then rest on the weekends (or any two successive days you choose). Be sure to visit [mensfitness.com/rhc2013](http://mensfitness.com/rhc2013) to reference the directions on how to perform the specialty techniques we introduced last month, such as intensity sets and burnout sets. Paired exercises (marked "A" and "B") are done as a super-set: Complete a set of the first move, then the next, without rest in between. Repeat until all sets are done.



**NEW**

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
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## 10 X 10 SETS

### WHAT IT IS

A collection of sets performed for time, designed to pump your target muscle group for that day while accelerating your heart rate and metabolism.

### WHAT YOU'LL DO

Using a watch, clock, or phone, you'll time yourself so that you perform 10 sets of 10 reps in less than 10 minutes. To begin, start your timer and perform your first set, which should take about 20-30 seconds. Then rest until one minute has elapsed (see note below).

### BENEFITS

This technique exhausts your target muscles, stimulating growth. It also encourages your body to draw energy from its fat stores, even during rest.

**NOTE** You won't rest for 60 seconds; you'll rest only for the remaining time left in that minute, which should be about 30-40 seconds. As soon as your timer reaches one minute, you'll perform your second set and keep doing this until you've completed 10 sets in 10 minutes.

Day **1**

## LEGS, ABS

**1A LEG EXTENSION**  
Sets: 4 Reps: 20

**1B LYING LEG CURL**  
Sets: 4 Reps: 20

**2 SQUAT**  
Sets: 4  
Reps: 20, 15, 12, 10

**3A DUMBBELL WALKING LUNGE: INTENSITY SETS**  
Sets: 4  
Reps: 20 each leg

**3B JUMP ROPE**  
Sets: 4 Reps: Jump for 60-90 sec.

**4 LEG EXTENSION: BURNOUT**  
Sets: 1 Reps: 40

**5 LYING LEG CURL: BURNOUT**  
Sets: 1 Reps: 40

**6 KNEELING CABLE CRUNCH**  
Sets: 3 Reps: 20

**7 HANGING LEG RAISE**  
Sets: 3 Reps: 20

**8 STEADY-STATE CARDIO**  
Work for 30 minutes.

Day **2**

## CHEST

**1 DUMBBELL BENCH PRESS**  
Sets: 4  
Reps: 20, 15, 12, 10

**2 INCLINE BENCH PRESS: 10 X 10 SET**  
Sets: 10 Reps: 10

**3 DIP**  
Sets: 4 Reps: As many as possible

**4A PUSHUP: INTENSITY SETS**  
Sets: 4 Reps: 20

**4B JUMP ROPE**  
Sets: 4 Reps: Jump for 60-90 sec.

**5 DUMBBELL FLYE**  
Sets: 4  
Reps: 20, 15, 12, 10

**6 CABLE CROSSOVER**  
Sets: 1 Reps: 40

**7 HIIT CARDIO**  
Do five 90-second intervals, separated by 2 minutes at a slower pace.



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**JUST PERFORMANCE.** ALL-NEW PUSH10™ is a powerful pre-workout amplifier featuring a clinically dosed key ingredient complex shown to increase strength, muscle endurance and training performance, with zero stimulants, zero creatine, and zero banned substances. And there's no phony hype, no claims backed by animal research, and no underdosed ingredients – just real science and powerful results. **The truth builds better bodies.**

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Day **3**

## BACK, ABS

**1 PULLUP**  
Sets: 4 Reps: As many as possible

**2 SMITH MACHINE BENTOVER ROW: 10 X 10 SET**  
Sets: 10 Reps: 10

**3 SEATED CABLE ROW**  
Sets: 4 Reps: 20, 15, 12, 10

**4A LAT PULLDOWN: INTENSITY SETS**  
Sets: 4 Reps: 20

**4B JUMP ROPE**  
Sets: 4  
Reps: Jump for 60-90 sec.

**5 SEATED CABLE ROW: BURNOUT**  
Sets: 1 Reps: 30

**6 HANGING LEG RAISE**  
Sets: 3 Reps: 15

**7 CROSS-BODY CRUNCH**  
Sets: 3 Reps: 20

**8 STEADY-STATE CARDIO**  
Work for 30 minutes.

Day **4**

## TRICEPS, BICEPS

**1 TRICEPS PUSHDOWN**  
Sets: 3 Reps: 20, 15, 12

**2 CLOSE-GRIP BENCH PRESS: 10 X 10 SETS**  
Sets: 10 Reps: 10

**3 TRICEPS PUSHDOWN: BURNOUT**  
Sets: 1 Reps: 40

**4 DUMBBELL CURL**  
Sets: 3 Reps: 20, 15, 12

**5A CABLE CURL: INTENSITY SETS**  
Sets: 4 Reps: 20

**5B JUMP ROPE**  
Sets: 4 Reps: 60-90 sec.

**6 DUMBBELL CURL: BURNOUT**  
Sets: 1 Reps: 40

**7 HIIT CARDIO**  
Perform intervals as described on [page 144](#).

Day **5**

## SHOULDERS, CALVES, ABS

**1 SEATED DUMBBELL PRESS**  
Sets: 4  
Reps: 20, 15, 12, 10

**2A CABLE LATERAL RAISE: INTENSITY SETS**  
Sets: 4 Reps: 20

**2B JUMP ROPE**  
Sets: 4 Reps: Jump for 60-90 sec.

**3 REAR-DELT FLYE**  
Sets: 4 Reps: 15

**4 MACHINE SHOULDER PRESS: 10 X 10 SET**  
Sets: 10 Reps: 10

**5 MACHINE SHRUG**  
Sets: 4 Reps: 20, 15, 12, 10

**6 SEATED DUMBBELL PRESS: BURNOUT**  
Sets: 1 Reps: 40

**7 STANDING CALF RAISE**  
Sets: 3 Reps: 20

**8 SEATED CALF RAISE**  
Sets: 3 Reps: 20

**9 HANGING LEG RAISE**  
Sets: 3 Reps: 20

**10 CRUNCH**  
Sets: 3 Reps: 20

**11 HIIT CARDIO**  
Perform intervals as described on [page 144](#).



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# ABS IN FOUR WEEKS

Use carb cycling for faster fat loss and finish the RHC ripped By Steve Stiefel

## **Salmon.**

*The protein and healthy fats in this fish make it an ideal ab food.*

The second part of the Rock Hard Challenge diet makes some changes to the nutrition program you've been following for the past month. In Part 1, we prescribed a high-protein, moderate-carb regimen with a reduction in calorie intake. During

Part 2, you'll reduce calories a bit more and begin a carb-cycling strategy, taking in fewer carbs for four days and then dramatically increasing carbs every fifth day—called a Re-feed Day. This rotation helps your body burn fat and keeps your metabolism up. This is your plan for the next four weeks.

**RE-FEED DAYS** These give you a break from strict dieting and jolt your metabolism. Take in about 400 grams of carbs every fifth day to provide satiety and help you power through hard workouts—especially over the next day or two. Eat these carbs earlier in the day around your workout.

## **CALORIES**

In Weeks 5 to 8, you should take in about 12.5 calories per pound of body weight on your Baseline Days—this means every day but the Re-feed Day. So, a 200-pound individual will consume about 2,500 calories on these days.

## **CARBS**

On your Baseline Days, you'll consume a little over 100 grams of carbs. You'll split these calories between your first few meals of the day and then again around your workouts.

## **PROTEIN**

Get between 1.5 and 2 grams of protein for every pound of body weight each Baseline Day. This means that a 200-pounder should consume at least 300 grams, or as many as 400 grams, of protein. On your Re-feed Days, you don't have to focus as much on protein consumption, taking in only 1.5 grams or a little less per pound of body weight. That's because the additional carb calories will make it less likely that your body will be in such a depleted caloric state that it will try to rob your muscles of their amino acids.

## **FAT**

Continue to consume both saturated and healthy fats in a 50:50 ratio, getting in a total of about 0.3 to 0.4 grams per pound of body weight each day. That's 60–80 grams of fat for a 200-pounder. To keep calories in balance on Re-feed Days, you'll cut dietary fats in favor of taking in more carbs.



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The following meal plans have been designed for a 200-pound male, who would need to consume about 4,000 calories to maintain his body weight. The first is for Baseline Days, when you'll only consume about 140 grams of carbs. The second is for Re-feed Days, when you'll take in about 400 grams of carbs. Feel free to make substitutions with fruits, vegetables, meats, and carb sources as you see fit, provided that you keep calories and macronutrients fairly equivalent.



**Difference-makers.**  
Supplement your RHC nutrition with the right protein—Phase8 and Nitro-Tech from MuscleTech are two of our favorites.

## BASELINE DAYS

### LOW-CARB SAMPLE MEAL PLAN

This schedule was designed to provide about 2,500 calories with 300–400 grams of protein and a little more than 100 grams of carbs. Your total carb intake is 145, but this includes 16 grams of carbs from broccoli and 4 grams from lettuce. Vegetable carbs are high in fiber and are considered “free” carbs because they have little or no impact on blood sugar or insulin. You can also discount the carbs in spinach, cauliflower, arugula, sprouts, and cabbage.

FOOD	Calories	Protein (g)	Carbs (g)	Fat (g)
<b>BREAKFAST</b>				
3 whole medium eggs	210	18	0	15
4 egg whites	72	12	0	0
1 cup oatmeal	150	6	25	2
<b>MID-MORNING SNACK</b>				
½ cup low-fat cottage cheese	80	14	3	1
6 oz turkey breast	169	39	0	3
<b>LUNCH</b>				
8 oz Atlantic salmon	420	45	0	24
⅓ cup brown rice	73	1	15	0
8 oz broccoli	80	5	16	0
<b>PRE-WORKOUT SHAKE</b>				
2 scoops MuscleTech Phase8	300	52	14	4
2 tbsp sugar	100	0	25	0
<b>POST-WORKOUT SHAKE</b>				
2 scoops Nitro-Tech	280	60	4	3
1 scoop Cell-Tech	180	0	38	0
<b>DINNER</b>				
10 oz chicken breast	289	54	0	6
1 cup mixed salad greens	20	1	4	0
1 tbsp olive oil dressing	120	0	0	14
<b>BEDTIME SNACK</b>				
2 scoops MuscleTech Phase8	300	52	14	4
<b>TOTALS</b>	<b>2,843</b>	<b>359</b>	<b>158</b>	<b>78</b>

## RE-FEED DAYS

### HIGH-CARB SAMPLE MEAL PLAN

Here's your plan for taking in 300 grams of protein and 400 grams of carbs while keeping calories in check. Note that on your Re-feed Days you're also going to spike calories by necessity. To keep calories from getting out of bounds, we've cut dietary fats somewhat to balance the additional 1,200 carb calories. When you make substitutions to our sample plan, choose very lean protein and carb sources that are very low in dietary fats.

FOOD	Calories	Protein (g)	Carbs (g)	Fat (g)
<b>BREAKFAST</b>				
2 whole medium eggs	140	12	0	10
8 egg whites	144	25	0	0
8 oz pancakes (3 x 6")	390	8	83	3
2 oz maple syrup	180	0	47	0
<b>MID-MORNING SNACK</b>				
6 oz turkey breast	169	39	0	3
1 medium bagel	289	11	56	2
<b>LUNCH</b>				
6 oz canned tuna	218	40	0	5
1 cup brown rice	219	3	45	0
8 oz broccoli	80	5	16	0
<b>PRE-WORKOUT SHAKE</b>				
1 scoop MuscleTech Phase8	150	26	7	2
4 tbsp sugar	200	0	50	0
<b>POST-WORKOUT SHAKE</b>				
2 scoops Nitro-Tech	280	60	4	3
2 scoops Cell-Tech	360	0	76	0
<b>DINNER</b>				
10 oz chicken breast	289	54	0	6
8 oz sweet potato	225	4	53	0
<b>BEDTIME SNACK</b>				
1 scoop MuscleTech Phase8	150	26	7	2
<b>TOTALS</b>	<b>3,538</b>	<b>313</b>	<b>444</b>	<b>37</b>

For more information on the diet, sample meal plans, and a sample workout for Re-feed Days, go to [mensfitness.com/rhc2013](http://mensfitness.com/rhc2013)



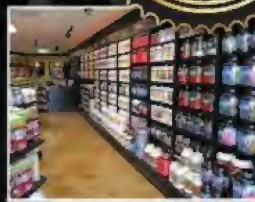
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**The right opportunity.** In an industry growing at a rate of \$1.3-\$1.9 billion per year, Nutrishop™ offers you the opportunity to own a sports nutrition, weight loss and vitamin retail store within a proven business model. The Nutrishop™ organization is driven by an experienced team with a track record of success.

**The right time.** The decline of today's economic business climate is not news to anyone. What is news is that Nutrishop™ continues its rapid growth at a record-breaking pace. With the population becoming more attentive to their health and well-being through proper nutrition and supplementation, the interest in fitness and nutrition is booming and you can be a part of it! **OPEN A NUTRISHOP TODAY!**



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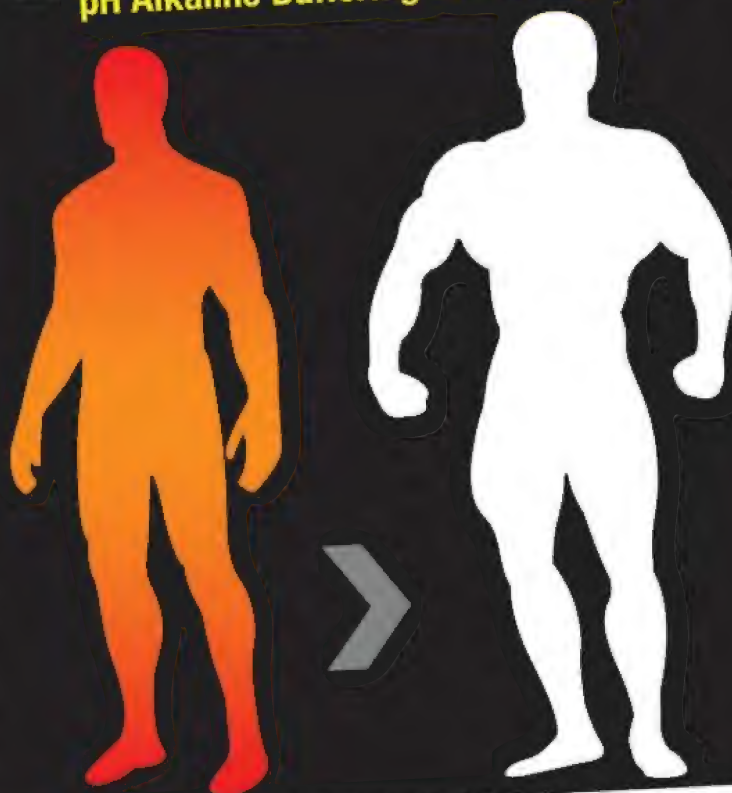
*We carry all the top brands and the latest cutting edge nutritional supplements at the guaranteed lowest prices!*



# ARE YOUR BEST MUSCLE BUILDING SUPPLEMENTS WORKING?

THEY SAY THE DEFINITION OF INSANITY IS DOING THE SAME THING OVER AND OVER AND EXPECTING A DIFFERENT RESULT. IF YOUR OLD SUPPLEMENT REGIMEN ISN'T WORKING FOR YOU THEN MAYBE IT'S TIME TO TRY SOMETHING THAT WORKS. THE LATEST SCIENCE BEHIND pH BUFFERING MAY BE EXACTLY WHAT YOU'RE LOOKING FOR.

THE LATEST BREAKTHROUGH IN  
MUSCLE BUILDING NUTRIENT UPTAKE  
pH Alkaline Buffering Technology



OPTIMUM pH FOR HUMAN BLOOD IS 7.365



## pH Buffered Alkaline Based Delivery System

Ever wonder how long you have to take a muscle building product before you can begin to see results? Why is it that almost everyone in the gym is taking the same outdated "must-have muscle building ingredient" with no real muscle growth? Are you still taking it because it works or because you're hoping that someday it might? This has the term "permanent plateau" stamped all over it. Well, if your cup is overflowing with yesterday's broken promises of new muscle, then maybe it's time you try a different approach – one that is scientifically sound.

Many experts say that a healthy pH is important, but still more even say that it is **ESSENTIAL**. What is pH? It is the potential of the Hydrogen ion, and it is widely recognized and understood that professional athletes often monitor their pH levels in an attempt to optimize their overall health, performance, and physiques. These professional athletes absolutely know that if their bodies are not balanced in such a way as to keep themselves in the "healthy range", that their bodies call upon stored electrolytes, in the form of salts (magnesium, calcium, potassium and sodium), to help neutralize acidity and the damage that can occur by consuming proteins, starches, and sugars. In other words, all the stuff that professional athletes and bodybuilders do on a daily basis but may or may not be fully aware of.



# THINK AGAIN

“Many experts say that a healthy pH is important. Others say that it is ESSENTIAL.”

NOW....Imagine, if you will, a chambered, pre-programmed delivery system that may directly influence an already powerful nutritional ingredients' ability to help athletes, and bodybuilders alike, enhance performance and build muscle. A buffering system that might even take a standard clinically researched and trialed staple ingredient to a whole new elite status! These staple nutritional ingredients, when optimally buffered (the neutralization of acids that occur when the body consumes foods outside of the ideal pH range and / or engages in stressful activities), may then show to be capable of helping to transform mountains of clay into bodies of chiseled stone.

In other words, what if something, so seemingly simple, could be added to an otherwise basic, yet fundamentally sound, equation? What if that something could take you from point "a" to point "z" – faster, stronger, and better than what came before it? What if you could be your own rebuilt, restructured, remodeled version of the 6 million dollar man? Take Creatine, Leucine, Glutamine, and Beta-Alanine, for example – what if we could make them better and more efficient? What if that something lead you to be being able to perform better? What if that something lead you to being able to look better? What if? That's what pH Buffered Alkaline Technology is all about. What will it do for you? Find out for yourself!

CHECK OUT SIDE-BAR FOR THE FIRST BREAKTHROUGH PRODUCTS TO TAKE ADVANTAGE OF THIS SIMPLE YET REVOLUTIONARY TECHNOLOGY: >>>>

**BPI Sports** IS THE FIRST TO INCORPORATE THIS **NEWEST BREAKTHROUGH** IN THEIR NEW **CLINICAL POWER SERIES™** LINE. LOOK FOR:



**L-Leucine and Agmatine:** L-Leucine is an essential amino acid that the body cannot synthesize on its own. Research shows that L-Leucine can help stimulate muscle protein synthesis and preserve muscle tissue. This must have muscle building product also contains Agmatine, which is a novel analog of L-Arginine. Agmatine shows greater potential than L-Arginine for nitric oxide synthase, as well as other properties suggested in the scientific literature that could have direct benefits to athletes and bodybuilders. For optimal nutrient uptake, the patent-pending pH Balanced Alkaline Buffering System pH-Sorb™ has been added, which is designed to directly influence the acidity levels of the stomach for optimal digestion.\*

**Creatine Monohydrate and Creatine HCl:** Creatine Monohydrate is the most heavily researched and trusted form of creatine. It's known that once creatine monohydrate hits the stomach it can become unstable and can break down into creatinine, a potentially dangerous byproduct. It's believed that this unwanted breakdown is accelerated through lower pH levels. pH-Sorb™ is designed to work by helping balance pH levels at closer to neutral alkalinity, which can in turn stop the unwanted conversion to creatinine, and enhance overall creatine absorption.\*\*



**L-Glutamine and the novel form Trans-Alanyl-Glutamine.** Studies show that Glutamine plays a role in protein synthesis, and at the same time promotes an anabolic state by down-regulating catabolic activity. In fact, researchers are now suggesting that Glutamine might be the most important of all amino acids – as it provides a component in muscle metabolism and cellular support not shared by any other single amino acid.\*

**Beta-Alanine** (as the gold-standard CarnoSyn®) and Glycerol Monostearate in a precise weight-to-weight ratio, for optimal activity: CarnoSyn® is shown in studies to deliver a bio-friendly form of Beta-Alanine for supporting synthesis of muscle carnosine, which acts as a buffer, delaying muscle fatigue and failure. Glycerol Monostearate enhances muscle volumization, among other potential benefits, and pairs perfectly with CarnoSyn®. For optimal nutrient uptake, the patent-pending pH Balanced Alkaline Buffering System pH-Sorb™ has been added, which is designed to directly influence the acidity levels of the stomach for optimal digestion.\* For maximum benefit from Beta-Alanine, supplement with additional CarnoSyn® to the clinical dose level of 3.2g daily.\*



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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings.



# Are Pros "Cheating" with Undetectable HGH Boosters?

## GF9

### New "Growth Hormone" Pill Ignites Controversy in Professional Sports. Is It Time to Take a Stand?

#### Summary of study procedures and findings:

##### Methods:

This cross-over, placebo-controlled, double-blind study involved healthy subjects [males and females; mean age=32±14 years; body mass index=26.4±5.0 ranging from 19.1 to 36.8kg/m<sup>2</sup>] (Study ID Number: PBRC10043). Each subject reported to the Inpatient Unit on two occasions one week apart. After an overnight fast, subjects had an IV line placed and baseline blood samples were drawn at -30, -15, and 0 minutes. Subjects were then asked to swallow the capsules of Growth Factor-9 supplement or an identical-looking placebo. Blood was drawn at 15, 30, 60, 90 and 120 minutes for assay.

##### Results:

After 120 minutes, mean GH levels had increased 682% from baseline (0.17 to 1.33ng/ml) and were significantly higher than placebo (P=0.01). In addition, a significantly higher mean AUC was observed after taking the supplement [20.4 (95% CI: 19.9-21.0ng/ml) vs. 19.7 (95% CI: 18.7-20.6ng/ml); P=0.04].

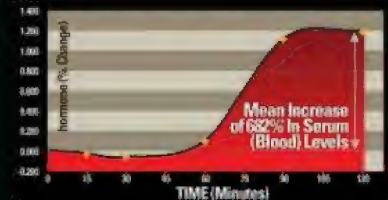
**Everyone's talking about human growth hormone (hGH).** It seems there's been more news about hGH in the past six months than there has been in the past ten years. In fact, it's been featured on *CNN*, *The Today Show*, *Fox News*, *The Dr. Oz Show*, and in *Shape* magazine and *Muscle & Fitness*. Part of it has to do with the increasing number of athletes injecting synthetic recombinant human growth hormone (rhGH) because they believe it helps increase lean muscle mass, repair muscle damage, and improve performance.

**But the true "hGH frenzy"** really got underway in September of 2012 when it was revealed that a "natural" compound was actually capable of increasing mean, serum (blood) growth hormone levels... **by 682%**. The research was presented at the prestigious Obesity Society's 30th Annual Scientific Meeting by some of the most renowned experts in the world, and it quickly became headline news because it means that finally, after 30 years of research, there's a way for people to increase their growth hormone levels... without injections. The compound that was the subject of the research presentation is now being sold under the trade name Growth Factor-9<sup>TM</sup> by well-known sports supplement company Novex Biotech®.

**And now Growth Factor-9**, or GF9 as most people are calling it, is bringing new controversy into the world of competitive athletics. Because of the edge they give users, rhGH injections have been banned by virtually every professional sporting body in the world, and even some college sports programs have begun testing for it, like the University of Miami, which recently tested every single one of its baseball players for rhGH use. But because GF9 offers athletes a way to increase their hGH levels naturally, they can boost their levels without fear of that increase triggering a positive result on anti-doping tests. So the new controversy is over whether or not using a "natural" substance like Growth Factor-9 to raise hGH levels vs. synthetic rhGH injections is still "cheating."

**"To call Growth Factor-9 a 'cheat' pill is ridiculous,"** argues Gina Daines, spokesperson for Novex Biotech. "Think of it this way... Before Gatorade® became widely available, the electrolyte-rich drink was used to give Florida State athletes an advantage, especially on hot and humid days. Were they cheating? Or simply taking advantage of something the other team neglected to emphasize?"

**Whether or not you agree** with Ms. Daines about the ethics, it's clear that GF9 is being seen by many as a way to boost their hGH levels without the fear of being sanctioned for illegal rhGH use. In fact, a December 12, 2012 Congressional hearing regarding the NFL and hGH testing led to a discussion about this very thing. Dr. Larry Bowers, Chief Science Officer for the United States Anti-Doping Agency who testified at the hearing, explained that while "The body produces many forms of growth hormone in the pituitary gland," synthetic rhGH injections involve only one form, called 22kD. hGH tests work by flagging people who have abnormally high ratios of 22kD.





**That's what makes Growth Factor-9 so different** from banned synthetic rhGH injections. Rather than introducing a synthetic form of hGH into the body, Growth Factor-9 is a dietary supplement that raises human growth hormone levels by encouraging pituitary performance. This means there are no abnormally high levels of 22kD, because the increase in hGH comes from the body's natural source... the pituitary gland.

**No matter which side of the GF9/professional athletics controversy you're on**, one thing is certain: Growth Factor-9 is selling like hot cakes. GNC, The Vitamin Shoppe, and Lucky Vitamin, GF9's exclusive distributors, are having trouble keeping the growth hormone booster in stock. Still, some skeptics are saying it sounds too good to be true. So, is there a catch? Actually, there are three. First, as with hGH injections, Growth Factor-9 is not a "magic bullet" but one part of a total program — you still have to eat right and work out.

**Second, unlike injections** of synthetic growth hormone, the Growth Factor-9 pill needs to be taken on an empty stomach. That means you either have to take it first thing in the morning and then not eat anything for two hours, or take it at night, at least two hours after your last meal... before you go to bed.

**And last but not least**, while Growth Factor-9 is far less expensive than prescription hGH injections, it's still not cheap... Growth Factor-9 will cost you about \$100 a month.

**But is it worth it?** Anything that may cut fat, build muscle, increase energy, and improve sex drive would seem to be a no-brainer. However, make no mistake about it, the "established" medical community (and, of course, they know everything) would say its benefits are largely anecdotal, with research that's preliminary. But there's no denying that something that has a chance of helping you get in the best shape of your life — without getting caught — is... at the very least... irresistible.

**It should be noted** that Growth Factor-9 is the only 100% SeroVital-high sports supplement currently on the market. It is currently being sold exclusively at GNC, The Vitamin Shoppe, and Lucky Vitamin. If it's sold out in stores, try buying it directly from Novex Biotech at [www.NovexBiotech.com](http://www.NovexBiotech.com) or 1-800-785-6002. Use **promo code GFA15** at checkout and get **free shipping**.\*

**ORDER NOW!**

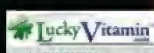
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or visit [www.GrowthFactor9.com](http://www.GrowthFactor9.com)

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See the study facts that prove a mean HGH increase of 682%.



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# B



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muscle endurance during  
workouts and accelerates  
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### LOOK GREAT AWARDS

(continued from page 81)

## THE BEST NEW PRODUCTS FOR MEN

Fine-tune your style with these essential award-winners



### BODY WASH

Nivea for Men Active 3 Sport Body Wash, \$5

Whether your NYC apartment bathroom allows space for only one bottle, or you just hate clutter, now you can get in and out of the shower in a flash with this soap, shampoo, and shaving-gel combo—perfect for your gym bag, too.



### TOOTHPASTE

Crest 3D White Arctic Fresh Toothpaste, \$4

Who knew that toothpaste could be an overachiever? Crest 3D White's microcleansing whiteners help remove surface stains, and its icy slap-in-the-face taste will keep your breath fresh and in mint condition long after you leave the house.



### FACE WASH

Aveeno Active Naturals Men's Face Wash, \$6

Finally, a face wash that doesn't smell like women's perfume. This scrub is made for men—it clears out pores, leaves skin looking great, and even softens facial hair to minimize irritation—great for the “5 o'clock shadow” type and guys with dry skin.



### MOISTURIZER

Lab Series Oil Control Daily Hydrator, \$32

The question has never been whether or not you need moisturizer (you do), but which one. Here's your answer. This daily hydrator with oil control helps prevent outbreaks by giving your visage's oil glands a break.



### HAIR PRODUCT

American Crew Defining Paste, \$16

What did the hair say to the gel? Hold me. Bad jokes aside, that's what this product from American Crew does—and well. It's strong, so use it sparingly. You can count on this dependable paste to secure your style through whatever the day throws at you.



### SHAVE GEL

Axe Chilled Shave Gel, \$6

We like the cool, tingly sensation that this quick-foaming shave gel leaves on your skin as it's applied and for a while after. Especially good for the dog days of summer, this product sets your skin up for a comfortable, extra-cool shave you'll actually look forward to.



WHETHER OR NOT CLOTHES MAKE THE MAN IS UP FOR DEBATE—BUT YOU'RE NOT ALWAYS GOING TO BE WEARING CLOTHES. MAKE SURE YOU'RE READY TO LOOK GREAT IN ANY SITUATION.



#### AFTERSHAVE

Dove Men+Care Post Shave Balm, \$7

It's great to feel the burn during a workout, but while you're shaving? Not so much. Dove's Post Shave Balm contains vitamin B5, which will help to soothe your skin and relieve irritation without that all-too-familiar "how dare you!" sting of traditional aftershaves.



#### WHITENING

Philips ZOOM! Whitening Pen, \$23

Teeth are called pearly whites for a reason. How about yours? The ZOOM! Whitening Pen allows you to whiten wherever and whenever to restore those babies to their full potential. You'll be surprised by the results, and we're not just talking about your teeth.



#### DEODORANT

Degree Men Clinical+ Anti-Perspirant & Deodorant, \$9

Deodorants are tasked with targeting and killing the bacteria that make you smell. Antiperspirants restrict pores to keep you from sweating like an animal at the office. If only there were a product that did both. Oh, wait...



#### SHAMPOO

Head & Shoulders Active Sport Men Dandruff Shampoo, \$7

Not all dandruff shampoos are created equal. Case in point: Some use salicylic acid; others, coal tar. Head & Shoulders, on the other hand, uses zinc pyrithione, the gentlest dandruff treatment around that also helps to control skin fungus, which could be an underlying cause of your flakiness.



#### BODY WASH

Old Spice Wild Collection Hawkridge Body Wash, \$5

Research shows that smell is the sense most closely linked to memory. We find it confusing, then, that this masculine scent gives us flashbacks of Vikings, gladiators, and bouts of bare-knuckle boxing. Regardless, the bottle is pretty fun to read in the shower.



#### ANTI-AGING

Clarins Men Anti-Fatigue Eye Serum, \$30

When your night spills over into morning (as good nights should), avoid Al Pacino face the next day by applying this supereffective Anti-Fatigue Eye Serum from Clarins to the saggy area below your eyes to tighten things up. Your boss will be none the wiser.



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## NUTRITION: SNACKS THAT STACK UP

(continued from page 40)

### YOU'RE CRAVING: Candy

**WHY:** Your brain is begging for sugar, either to release endorphins or raise blood-sugar levels. Either way, the other possible culprit might surprise you. "Caffeinated beverages [like coffee] can increase blood-sugar levels, and when those levels come back down you can experience cravings for sweets," Bottone says.



#### BURN FAT: Snap Infusion Supercandy

From the makers of Perky Jerky, these low-cal, low-carb jelly beans; gummy candies; and caramels deliver beneficial, free radical-fighting antioxidants, cell-supporting electrolytes, and energizing B vitamins to kick your metabolism into high gear and snap your mind into focus.



#### BUILD MUSCLE: GNC Pro Performance RapidDrive Glutamine 2500 Power Chews

Talk about a wolf in sheep's clothing. Each of these soft chews delivers 2,500mg of glutamine, one of the most important amino acids for building lean muscle. Glutamine also plays a key role in hydrating muscle cells and preventing muscle breakdown.

### YOU'RE CRAVING: Chocolate

**WHY:** A hunger for chocolate is most likely a hunger for sugar. "The cocoa in chocolate also contains low levels of caffeine," Bottone says, "about 5–25 milligrams, or as much as in 'caffeine-free' coffee—which may contribute to cravings." We told you the office is a dietary minefield: Even the decaf coffee is a lie!



#### BURN FAT: Rise Protein+ Bar

Rise's Almond Honey Protein+ Bar contains just three ingredients. No, we don't mean three ingredients plus colors and preservatives—three actual ingredients: whey protein, honey, and almonds. The Crunchy Carob Chip version is perfect for chocolate fiends, and both flavors provide heart-health benefits and steady energy.



#### BUILD MUSCLE: Clif Builder's Max

Protein is the single most important nutrient for building muscle. Clif's new Builder's Max bar delivers 30 grams of protein (more than a typical protein shake), including fast-acting whey protein isolate, extended-release casein, and even soy protein, to keep your muscles saturated with everything they need to grow.

### YOU'RE CRAVING: Soda

**WHY:** Soda typically contains both sugar and caffeine, so there's that, but your body is likely trying to tell you something more important. "What you think is a craving for soda may just be thirst," Bottone says. "By staying well hydrated you may experience fewer cravings, with the added benefit of better skin and overall health."



#### BURN FAT: Celsius

Although it's marketed as a negative-calorie drink, cracking open a cold can of this great-tasting energy drink won't strip away the fat from your abs just like that. (Sorry.) It will, however, increase the amount of calories you'll burn while doing anything else, like exercising or even just walking to the water cooler.



#### BUILD MUSCLE: Isopure Zero Carb

Math class is in session: If there are four calories per gram of protein, and 40 grams of protein in every 160-calorie, 20-ounce bottle of Isopure Zero Carb, what's left? The answer is nothing. It's filled to the brim with whey protein isolate; you won't find a more efficient muscle-building beverage.

### YOU'RE CRAVING: Chips

**WHY:** Your body needs salt; sodium works with potassium to keep cells functioning optimally—but too much will screw up that balance. "Getting enough salt in the diet is not a problem for most of us," Bottone says. "But this was not always the case, which may explain why our bodies have a mechanism in place to crave it."



#### BURN FAT: Corazonas Tortilla Chips

Research suggests that rapid weight loss can increase LDL cholesterol in some people. These whole-wheat chips deliver all the crunch and flavor you're craving, plus LDL-lowering CoroWise plant sterols—a branded version of the compounds found in fruits and vegetables.



#### BUILD MUSCLE: Simply Protein Chips

When you think potato chips, you think carbs. Well, think again, and meet the best thing to happen to potato chips since salsa: It packs 15 grams of muscle-building pea protein and just 11 grams of carbs; you can single-handedly crush a whole bag of these low-glycemic chips guilt-free.

## PLAYING WITH FIRE

(continued from page 87)

### FIRST COURSE Asparagus and White Peach Salad Serves 2

Combine this sensual fruit with a crunchy asparagus salad for the ultimate date pleaser.

- 1 bunch asparagus, ends trimmed
- 1 white peach, firm yet ripe
- 1 tbsp hazelnut oil (You can substitute with walnut, pistachio, or extra-virgin olive oil)
- 1 tbsp olive oil
- Lime juice
- Salt and freshly ground black pepper
- 10 fresh basil leaves
- $\frac{1}{2}$  cup roasted hazelnuts, chopped

**1)** Blanch the asparagus in boiling, salted water until tender to the touch, approximately 5 minutes. Cut asparagus into 2-inch lengths.

**2)** Split the peach in half, remove the stone, and cut each half into four pieces.

**3)** Make a dressing with the oils, adding just enough lime juice to give you a slightly tangy flavor, approximately 1 teaspoon. Season with salt and pepper.

**4)** Assemble the ingredients by tossing peach and asparagus through dressing, lay onto a plate, interlacing the basil leaves, and scatter with hazelnuts. Serve.

### SECOND COURSE Sicilian Chickpea Stew Serves 2

This is one of those meals that is full of flavor and texture, and the smell alone will take you to Sicily. It is relatively quick and simple and certainly won't break the budget.

- 3 tbsp olive oil
- 1 Spanish (red) onion, diced
- 1 large carrot, peeled and diced
- 1 stalk celery, peeled,

- leaves removed, and diced
- 1 tsp fennel seeds
- $\frac{1}{2}$  tsp paprika
- Juice and zest of one orange
- $\frac{1}{2}$  cup dry white wine
- 14 oz can chickpeas, drained
- 4 Roma tomatoes, peeled, seeded, and roughly chopped
- 6 large leaves of Swiss chard, stalk removed and roughly shredded
- 3 tbsp parsley, chopped
- Salt and freshly ground black pepper to taste

**1)** Heat olive oil in a large pan over medium heat; add the onion, carrot, celery, and fennel seeds. Cook slowly for about 15 minutes or until carrots are tender. Add paprika, orange zest and juice, and white wine and cook until liquid is almost reduced.

**2)** Add chickpeas, tomatoes, Swiss chard, and parsley. Finish with a good pinch of salt and pepper. Allow to sit and steep for 20 minutes before serving.

### THIRD COURSE Mangoes with Dessert Wine and Black Pepper Serves 2

The flavor of this dessert can't be described as anything other than sexual! As far as gluten-free and vegan goes, I guarantee this will do the trick.

- 2 ripe mangoes (Fresh figs and raspberries are great, too)
- $\frac{1}{2}$  cup dessert wine
- Cracked black pepper

**1)** Cut the cheeks from each side of the mangoes. Remove skin and cut flesh into large chunks. Place in a bowl, douse in dessert wine, cover, and chill in the fridge for an hour before serving.

**2)** Before serving, add a generous amount of black pepper. Serve in a martini-style glass.

Clara Bonetto



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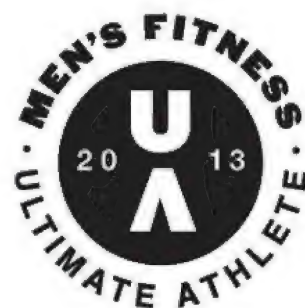


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ON THE COVER

Gap V-neck, \$20, Gap stores, [gap.com](http://gap.com)

VIEW FROM THE TOP

**Page 12:** Ralph Lauren bag, \$595, [ralphlauren.com](http://ralphlauren.com)

BREAKTHROUGHS

**Page 19:** Polaroid sunglasses, \$60, [solsticesunglasses.com](http://solsticesunglasses.com); Lacoste V-neck, \$50, Lacoste stores, [lacoste.com](http://lacoste.com)

GAME CHANGERS

**Page 32:** All clothing by Nike, [nike.com](http://nike.com)  
**Page 36:** Nike tank, \$40, and shorts, \$58, [nike.com](http://nike.com); Adidas sneakers, \$100, [adidas.com](http://adidas.com)

RIGHT IN THE NOSE

**Page 48:** Armani Code Ultimate, \$84, [giorgioarmanibeauty-usa.com](http://giorgioarmanibeauty-usa.com); Calvin Klein Dark Obsession, \$55, and Chanel Bleu de Chanel, \$62, Macy's stores, [macys.com](http://macys.com); Yves Saint Laurent La Nuit de L'Homme, \$60, Macy's stores, [yslbeauty.com](http://yslbeauty.com)

**Page 50:** Azzaro Chrome, \$76, Versace Eros, \$62, Givenchy Gentlemen Only, \$78, and Dolce & Gabbana The One Sport, \$78, Macy's stores, [macys.com](http://macys.com); Guess Seductive Homme Blue, \$65, [guess.com](http://guess.com)

**Page 52:** Ralph Lauren Polo Blue, \$76, [ralphlauren.com](http://ralphlauren.com)

MAN OF ACTION

**Page 66:** John Varvatos shirt, \$198, John Varvatos stores, 212-965-0700, [johnvarvatos.com](http://johnvarvatos.com); Tommy Hilfiger jeans, \$58, Tommy Hilfiger stores, [tommy.com](http://tommy.com); Timberland boots, \$180, [timberland.com](http://timberland.com)

**Page 69:** Express T-shirt, \$23, Express stores, [express.com](http://express.com)

**Page 70:** Banana Republic shirt, \$33, Banana Republic stores, [bananarepublic.com](http://bananarepublic.com); Tommy Hilfiger jeans, \$58, Tommy Hilfiger stores,

[tommy.com](http://tommy.com); Ray Ban sunglasses, \$145, Sunglass Hut stores, [sunglasshut.com](http://sunglasshut.com)

LOOK GREAT AWARDS

**Page 72:** Armani Exchange T-shirt, \$25, AX stores nationwide, [armaniexchange.com](http://armaniexchange.com); Converse sneakers, \$55, [converse.com](http://converse.com); Tommy Hilfiger bag, \$248, Tommy Hilfiger Fifth Avenue store, 212-223-1824

**Page 74:** Oakley eyeglasses, prices vary, [oakley.com](http://oakley.com); Samsung camera, \$750, [samsung.com](http://samsung.com); Tissot watch, \$525, [tissot.ch](http://tissot.ch)

**Page 75:** Triumph motorcycle, \$11,600, [triumphmotorcycles.com](http://triumphmotorcycles.com) for dealers

**Page 76:** Harman Kardon headphones, \$250, [harmankardon.com](http://harmankardon.com); Harry's razor, from \$10, [harrys.com](http://harrys.com); Gillette styler, \$20, drugstores nationwide, [gillette.com](http://gillette.com); Sony tablet, prices vary, [sony.com](http://sony.com)

**Page 77:** Victorinox jacket, \$295, [victorinox.com](http://victorinox.com)

**Page 78:** PRS SE guitar, \$1,092, [prsguitars.com](http://prsguitars.com); Le Corbusier chair, \$4,500, Design Within Reach stores, [dwr.com](http://dwr.com)

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**Page 80:** Adidas jacket, \$68, [adidas.com](http://adidas.com); TaylorMade driver, \$400, [taylormade.golf.com](http://taylormade.golf.com)

**Page 81:** Boardworks paddleboard, \$1,500, [boardworkssup.com](http://boardworkssup.com)

SWEAT EQUITY

**Page 88:** Uniqlo shorts, \$30, Uniqlo stores, [uniqlo.com](http://uniqlo.com)

**Page 91:** Reebok T-shirt, \$40, and sneakers, \$110, [reebok.com](http://reebok.com); Guess pants, \$108, Guess stores, [guess.com](http://guess.com); Jorg Gray watch, \$695, [jorggray.com](http://jorggray.com)

**Page 93:** Izod T-shirt, \$22, Macy's stores, [macys.com](http://macys.com); H&M

shorts, \$13, H&M stores; Citizen watch, \$299, [amazon.com](http://amazon.com)

**Page 95:** On Moore: Izod T-shirt, \$22, Macy's stores, [macys.com](http://macys.com); Citizen watch, \$299, [amazon.com](http://amazon.com); on Zelnick: Uniqlo T-shirt, \$13, Uniqlo stores, [uniqlo.com](http://uniqlo.com); on DeSena: Reebok T-shirt, \$40, and sneakers, \$110, [reebok.com](http://reebok.com); Guess pants, \$108, Guess stores, [guess.com](http://guess.com); Jorg Gray watch, \$695, [jorggray.com](http://jorggray.com)

ASK MEN'S FITNESS

**Page 99:** Bell helmet, \$40, [amazon.com](http://amazon.com); Coach jacket, \$498, [coach.com](http://coach.com)

THE BODY BOOK

**Page 117:** Vest, Calvin Klein Jeans, [calvinklein.com](http://calvinklein.com); Tommy Hilfiger jeans, \$58, Tommy Hilfiger stores, [tommy.com](http://tommy.com)

**Page 118-126:** Sunspel tank, \$44, [sunspel.com](http://sunspel.com); Gap shorts, \$30, Gap stores, [gap.com](http://gap.com)

Bally high-tops, \$450, [bally.com](http://bally.com)  
**LOOK GREAT AWARDS (CONT.)**

**Page 156-157:** Nivea bodywash, \$5, drugstores nationwide, [niveaformenusa.com](http://niveaformenusa.com); Crest toothpaste, \$4, drugstores nationwide; Aveeno face wash, \$6, drugstores nationwide, [aveeno.com](http://aveeno.com); Lab Series moisturizer, \$32, [labseries.com](http://labseries.com); American Crew hair paste, \$16, various salon locations, [americancrew.com](http://americancrew.com); Axe shave gel, \$6, and Dove shave balm, \$7, drugstores nationwide, [drugstore.com](http://drugstore.com); Phillips Zoom! whitening pen, \$23, [drugstore.com](http://drugstore.com); Degree deodorant, \$9, and Head & Shoulders shampoo, \$7, drugstores nationwide, [drugstore.com](http://drugstore.com); Old Spice body wash, \$5, drugstores nationwide, [pgestore.com](http://pgestore.com); Clarins Men eye serum, \$30, [clarinsusa.com](http://clarinsusa.com)

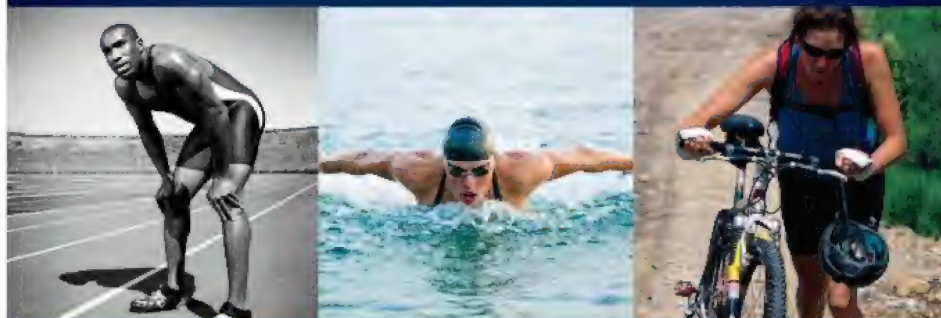
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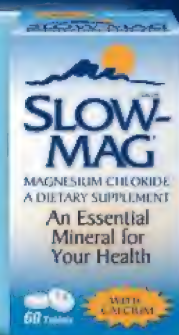


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<sup>1</sup>Lukaski HC. Magnesium, zinc, and chromium nutrition and physical activity. Am J Clin Nutr 2000;72(suppl):S855-865. Available at: <http://ajcn.nutrition.org/content/72/2/S855/abstract>



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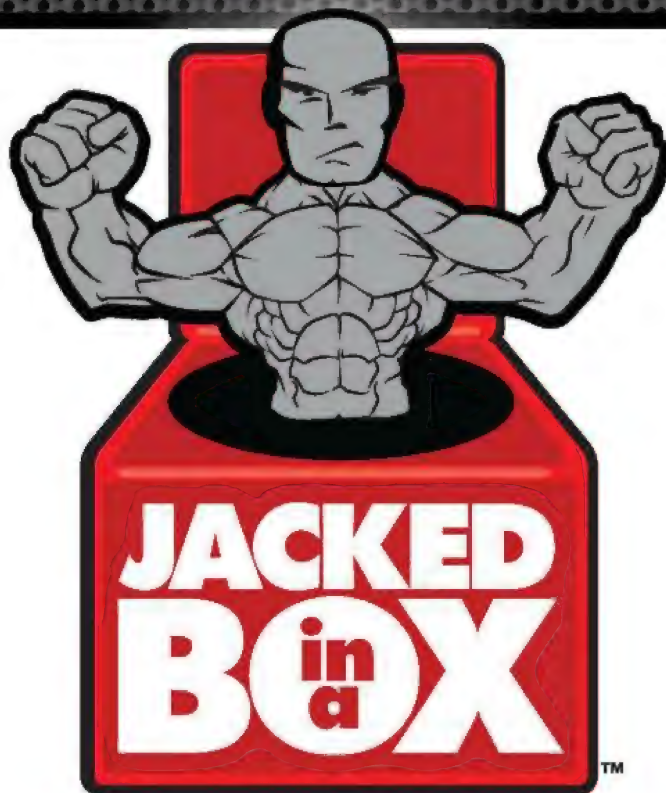
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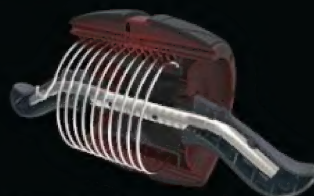
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# and we're out...

## #fitwit

Fitness in 140 characters or less BY TED SPIKER

Read my blog post about my amazing workout!  
<http://nobo.dy.caes.ab.out.yourbenchpress.max> Please RT!



Sign up for an obstacle race. It will teach you how to get over walls...and run with mud squishing around in your shorts.

Running in rain, snow, cold > running on treadmill.  
Running on treadmill > wind, heat, lightning.

Killer total-body circuit:  
1 minute boxing  
(20 sec. rest),  
1 minute spin  
(20), 1 minute  
dumbbell move  
(20) x 8-10  
rounds.



"Do or do not. There is no try."  
—Yoda, who apparently never had to  
do 4 sets of 15 box jumps.



Did crunches today.  
On some extra-crispy  
bacon.



Zubaz pants > Zumba  
class

Workout tip: When I'm working  
out, do not give me a tip.

If you could  
have only one  
piece of  
equipment,  
what would it  
be? Dumbbell?  
Barbell? Med  
ball? Mine:  
Truck tire.

I salute those who train at  
4 a.m., voluntarily do burpees.



Just once, when someone asks if they can  
share a swimming lane, I want to say,  
"Negative, Ghost Rider, the pattern is full."



Yoga pants < those running shorts with  
the side stripe. #NotThatImLooking

Workout Truth #43: Only you can do it. But you'll be  
more successful if you don't do it alone.

[To you:] Hang  
on, I'm done  
after 1 more  
set. [To gal in  
side-stripe  
shorts:] Sure,  
work in. I have  
4 more sets,  
maybe more.



So nice of gym to keep 2003 @usweekly  
mags near the stationary bikes. Can't wait  
for new season of *Becker*!



Pro tip for trainers on  
Twitter: Do not quote  
Dory from *Finding Nemo*.



Join the conversation  
at #fitwit

Gyms need to  
add more: jump  
ropes, heavy  
bags, speed  
ladders, sleds,  
cold tubs,  
open space,  
rope climbs.  
#reinventthegym

Today I saw a trainer do a Turkish  
get-up. He did not use a dumbbell.  
He used the intern.



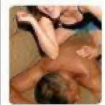
EXERCISE MATH: 1 mile = 1 pancake.  
2 miles = with butter. Marathon =  
Cleaning out @IHOP, yo.

Really excited to take an aqua  
aerobics class. In 2039.

#ThreeSetsOfTen



Why can't I find an emoji that accurately  
represents my face during the last 10  
seconds of a plank?



Foam rollers DO NOT  
EQUAL a massage.



Study shows 73% of people have either  
@Pink on their workout playlist or that  
instrumental from *Rocky IV*. DRAGOOO!

Not fooling anyone, bro: You don't  
need to rub your chin with the bottom  
of your shirt. #absgazing

Turns out Dri-Fit  
shirts—though  
tad awkward  
while walking  
from shower  
to locker—work  
well as sub  
for forgotten  
gym towel.

P90X is what I do after I break  
the seal on a Saturday night.



Gym People: Chitchatters >  
Grunters > Flexers > Sweat leavers >  
Denim-shorts wearers

Clockwise from top: Getty/2; Everett Collection; Getty; iStockphoto; Getty; iStockphoto; Alamy; Getty/2; Everett Collection; Getty; Everett Collection



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Justine Moore is a paid endorser of MET-Rx®

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